

HERCULES II

(Apollo - Power - One)



lesson **1**



THIS IS THE
START
OF A
NEW LIFE
FOR YOU

Welcome to the Hercules II fold! ...

Congratulations! You have entered the wonderful world of Bodybuilding — From this day on you are entitled to call yourself a bodybuilder — or a physical culturist if you like. The important thing is that you are one of the 'special' people who have taken steps to improve yourself physically ... You will never look back ... From now on your world may well seem a different place. The fact that you have enrolled with us means that you are serious about improving your physical condition and overall appearance. In like manner we now pledge our sincerity in helping you attain the best possible physique, together with utmost strength, health, and fitness. Your body appeal is now OUR concern. It is our duty to keep the promises we made earlier before your enrolment. Believe us when we say that we are going to do our best to perform a 'miracle' before your eyes. We are going to attempt to transform you into the kind of person you always wanted to be. Have faith in us and chances are you will come **ALL THE WAY TO PHYSICAL PERFECTION** with flying colors.

Before undertaking this or any other Musclebuilding or fitness course you should always make sure that you are in normal health before starting. This is merely a precaution for your own good. Of course the chances are that you are in excellent health right at this moment. However we recommend that you first have a check-up with your family doctor. By all means show him this first lesson so that he will get an idea as to what you will be doing. In all probability he will be delighted that you have undertaken such a program of physical training. In addition we have to cover ourselves legally by stating that we accept no responsibility whatsoever for any accident, however unlikely, or damage that may be incurred, through following the recommendations of this course. Accordingly, take care not to perform the proposed exercises on rickety chairs, unstable ground, etc. Think safety in everything you do, whether it be in following this course, or in life in general.

This HERCULES II bodybuilding course consists of twelve lessons. These will be mailed to you regularly in the same manner as this first lesson. The HERCULES II staff will mail out your lessons each Tuesday. Ideally, you should get them in the correct numerical order, one per week. However there may be occasions, though it is unlikely, when a course may arrive a little early or late. Don't let this interfere with your training schedule. Simply keep to the plan as much as possible. You will certainly not suffer by staying on any single lesson for more than the week we propose. Just keep training until the next lesson arrives. You will notice that all your lessons are written in a very simple and easy to understand manner. So easy, even a child could follow the instructions.

It may seem rather ridiculous to state that you should follow all the instructions exactly as laid down, but we have found in our experience that many fellows, even though they have gone to the expense of purchasing our course, still do not follow our recommendations to the letter. As a result they do not make the best type of gains in muscular development! It cannot be emphasized too strongly that you should follow our course to the letter. Read through the text that explains each exercise. Perform it as we suggest. Above all,

do not make the mistake of thinking that if you do double the amount of work during your training you will double your rate of development. By doing this you may well half all progress. In the business of musclebuilding, especially at the outset, you must always be careful not to overwork the body. As a beginner you should train only every other day—never every day. The muscles must be given a day's rest between workouts so that they can continue the building process—muscles build up only during periods of sleep or rest.

SLEEP AND RELAXATION...

You want big muscles? Then you must make sure that you get adequate rest and sleep. You can't expect to play tennis before you work out and go dancing afterwards AND gain substantial bodyweight. Your muscles just must have adequate time to recuperate and build extra power. Whenever you subject your muscles to HERCULES II exercises (or any other vigorous exercises for that matter) the muscle cells are 'broken down' by the repeated tension. This tissue breakdown is what eventually causes a muscle to tire after a certain amount of strenuous exercise. However, these cells must be given rest periods to enable them to rebuild and increase overall muscle size. You must grab periods of physical relaxation whenever you can if you want to make the very best progress in musclebuilding. This does not mean that you have to neglect your household duties or quit your job. We are simply suggesting that for optimum progress you do not indulge in extra physical recreation. Learn to conserve energy... Rest at all opportunities, especially after meals, if possible. The amount of sleep you need will naturally vary from individual to individual, but as a general rule a beginning bodybuilder should get at least eight hours sleep each night.

FOOD...

Nutrition is tremendously important... You are what you eat. Don't fill up on what could be termed 'foodless foods', i.e. colas, hot dogs, candies, white flour products, etc. Eat a balanced diet of vegetables, salads, potatoes, meat, fish, eggs, whole wheat bread, fruit and whole milk. If you are inclined to be fat in the first place, then reduce sugar, pastry, bread, potatoes, and substitute skimmed milk for whole milk.

However, if you are on the thin side then you must always bear in mind that your muscles cannot enlarge unless they have enough 'fuel' to enable this enlargement to take place. A secret that virtually all the professional bodybuilders use is to eat five small meals a day instead of three large ones. This serves a dual purpose:

1. It prevents the stomach from being over-stretched which can give you a bloated feeling.
2. It gives the body a more constant food supply since your muscles are being fed more regularly.

Always have a good hearty breakfast. An example would be: juice, cereal, bacon and eggs, toast and honey, and a beverage. Even people who wish to lose flab should have something for breakfast!

Now here is a suggested meal plan for the skinny fellow who wants to make the best possible musclebuilding progress:

BREAKFAST

Orange juice
Cereal and milk
Sausage, eggs, bacon
Slice toast, jam/honey
Glass milk.

MID-MORNING

Glass milk
Cheese or meat whole wheat bread sandwich

LUNCH

Salad (either chicken, tuna, salmon, sausage,
ham or beef). Milk

MID-AFTERNOON

Milk
Cheese, fish or meat sandwich

SUPPER (large meal)

Meat, potatoes, vegetables
Dessert
Beverage

BEFORE RETIRING TO BED

Glass milk.



Robert Hailon's body is a product of this course plus scientific nutritional intake. His body shows beautiful male proportions.

It should be mentioned that if ultimate progress is to be made in the musclebuilding process, then it is a good idea to mix a good protein powder in with your milk every time you take a glass. Your local health food store should be able to supply you with a good quality protein supplement. Among the best in our opinion are: Casilan, 90% protein; Weider Super-Pro 101; or Proma-Plus.

THE EXERCISES . . .

You may think that you have done most of the exercises we recommend in this course. You may well have. But you can be sure that you have never done them the HERCULES II way! There are thousands of different variations of training — We believe ours is the **very best!** Accordingly, we would ask you to perform the exercises exactly as we recommend. . . Do not add any of your own exercises. Do not miss out any of ours. Do follow our exercises, eating and resting principles completely, exactly as laid out, and you will reach the pinnacle of HERCULEAN SUCCESS in double-quick time. In this and succeeding lessons you will be told of many different secrets — techniques used exclusively by the world's champions of the Bodybuilding Mecca. The author of this course is a well known authority on all matters pertaining to the physical perfection through correct training methods. He is well known to the World's best built men. Have faith in this unique program and we will help you realize all the physical developments humanly possible.

WHEN TO TRAIN . . .

It doesn't matter too much what time of day you choose to train. Most successful bodybuilders seem to prefer to train about an hour before their evening meal. Others manage an afternoon or morning workout. Actually there are two times when you should **not** train:

1. As soon as you get up in the morning (the body has to get used to being awake. To suddenly throw yourself into a workout could be injurious.)
2. Immediately following a large meal. (The digestive system should be allowed at least 1½ hrs. to do its job uninterrupted.)

TRAIN THREE TIMES A WEEK . . .

Always beware of training too frequently — three times a week is enough. To do more may well result in staleness — an inability to improve muscle size. Always allow a complete day's rest between your workout sessions, i.e., train Mondays, Wednesdays, and Fridays; or Tuesdays, Thursdays and Saturdays. Try not to train on two consecutive days. Remember the muscle cells need time to replenish themselves and grow larger. Don't try and do too much!

REPETITIONS AND SETS . . .

The term repetition or "reps" is used to denote the number of times you perform a certain exercise. For example, if you perform a 'push-up' three times, you are performing '3 reps'; 6 times, '6 reps', and so on.

Generally speaking it is a good idea to perform at least ten "reps" in any exercise. Of course, as one improves in strength, the number of "reps" one does tends to increase . . . in some cases up to fifty or more.

The term "sets" denotes a series of "reps" you do without stopping. For example, if you perform a series of ten "reps" followed by a rest, this is called a "set". If you do three separate lots of ten "reps" in an exercise, it is known as three "sets" of ten "reps". Five "sets" of ten "reps" would be written 5×10 . Accordingly you will notice that the movements advocated are written in this manner. The amount of rest one should take between sets of an exercise should almost never exceed one minute. Generally speaking, you rest long enough for your breathing to return to normal and then perform your next set, and so on.

If we list a certain exercise to be performed 3 sets of 10 reps, then don't feel that you must do only the 10 reps we state. Many fellows are able to do more. If you are able to perform 15, 20, or even more reps, then by all means do so. It can do nothing but good. On the other hand, many fellows will find that they are not strong enough to perform the amount stipulated. The answer is to do as many as you can without undue strain. If you can't even do one repetition, then perform a partial rep. In time you will progress until you are able to perform the movements as recommended — and then some!

WHAT TO WEAR . . .

It all depends on where you train. The main point to keep in mind is that the body should always be warm. Don't train in just a swimsuit if you are in a draft or in a heavily air-conditioned room. Wear warm, loose-fitting clothing that enables you to perform the various exercises without in any way hindering your range of movement. Cold muscles do not respond well to exercise and can even be susceptible to minor sprains and muscle tears which could possibly result in lost training time. And subsequently lost muscle building progress.

DON'T MISS WORKOUTS . . .

Whereas on one hand we strongly recommend that you do not over-exercise (three times a week only), we are adamant in recommending that you do not miss any of your scheduled workouts. Of course if you feel sick, have a heavy headache, flu, or are just feeling too tired, then you may have to pass up your workout. To exercise strenuously under these conditions would be ridiculous. Beware, however, of missing a workout through laziness. You must learn to distinguish between genuine tiredness and downright laziness. Sometimes after a rough day at school or at work you feel "pooped" — you say to yourself that you'd rather have a meal and watch television — you lack enthusiasm. You are really not physically tired — you are probably just mentally "pooped". If this is the case then get up and train — just 15 minutes — and you'll be happy you did!

HYGIENE . . .

Always shower away the film of sweat from your body after a workout. This will help keep your skin from breaking out in pimples, etc. Likewise, sweat should not be allowed to collect at the roots of the hair on your head. Wash your hair thoroughly after heavy exercise. More about skin and hair care later in the course. Generally speaking, always strive to keep your entire body well bathed. Cleanliness is next to Godliness. Besides . . . you'll smell better!

HOW TO PERFORM THE EXERCISES . . .

Don't just look at the illustrations. Read the literature explaining how to perform each HERCULES II movement. You will then be 100% sure that you are performing the exercise in the correct manner. As a general rule, perform an exercise with a quick steady movement — no bouncing — just make sure that whatever you are doing, you do with an even, unstrained motion. A fast tempo is more beneficial than a slow one. However, when you first learn a new exercise you should perhaps perform it slowly until you are exactly sure how it is executed.

To repeat . . . This course consists of the most modern, non-apparatus Bodybuilding Principles known to man. You are going to develop the kind of body men respect and girls admire. You are going to be a somebody next season. Whether you go to the beach, lake, or local pool, you will be admired for the kind of red-blooded He-Man you are! Prepare yourself NOW to follow in the footsteps of the world's best built men. Prepare yourself NOW — FOR A NEW, EXCITING LIFE, FULL OF THE REWARDS OF PHYSICAL SUPERIORITY!



FOLLOWING ARE YOUR FIRST WEEK'S EXERCISES...

Perform them conscientiously three times a week with a rest day in between each workout session.

EXERCISE ONE:

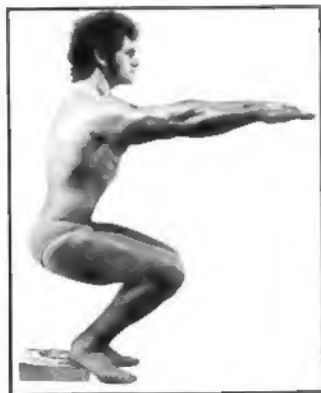
Jogging in Place

- body conditioner, warmer upper

Perform 5–8 minutes at the commencement of the exercise program. This stimulates the body metabolism and growing process of the physique. Additionally, it makes for increased cardiovascular efficiency [for example, a stronger and more efficient heart and lungs] — but more important to you, it warms up your body in preparation for the following purely **MUSCLE BUILDING MOVEMENTS**.

The exercise is a simple one. Simply run in place, lifting knees high with each movement. The higher you lift the knee, the more vigorous the exercise.

Alternatively, if you find that you are tiring too quickly, then simply make the movement less strenuous by reducing the height you lift each leg while jogging.



EXERCISE TWO:

The Squat

- thighs, calves, rib cage, lower back

1. Place a thick book on floor, under heels. Stand upright with arms out in front to help your balance.
2. Lower slowly into the squat position as illustrated until thighs are parallel with floor. Return to standing position and repeat.
3. Take care to breathe deeply during the movement, "In" on the way down, "Out" on the way up.

Perform 2 sets of 10–30 reps, depending on your strength.

EXERCISE THREE:

Hercules Floor Dip

• chest, shoulders, arms, triceps

1. Adopt position as illustrated. Fingers facing forward, hands a little wider than shoulder width apart, seat high in the air as illustrated in (c).
2. Lower into position and with 'bouncing' action, raise to original starting position.
3. Lower and repeat with a steady rhythm. The average fellow will be able to do about 8 reps. Perform 2 sets of 8-25 reps, depending on your present strength.

ILLUS. 4



EXERCISE FOUR:

Tiger Chair Pull-Up

• upper back, arms, biceps

1. You'll need a sturdy pole (metal preferably, unless you have a wooden pole that will not break under your bodyweight).
2. Adopt a 'hanging' position as shown in illus. (a). Make sure that the bar is set firmly before you commence the movement. Place a thick towel under the pole at each end.
3. Slowly 'curl' your arms until your chest all but touches the pole. (Illus. (b)). Lower and repeat for as many repetitions as you can reasonably manage. Aim for 2 sets of 6-20 reps.

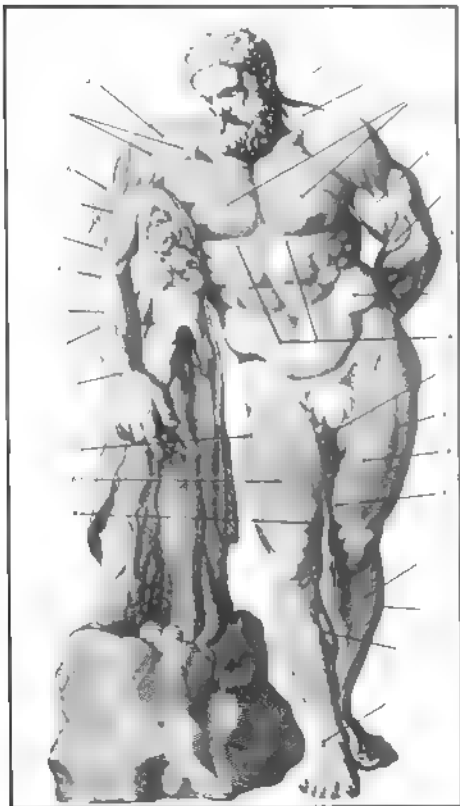


ILLUS. a



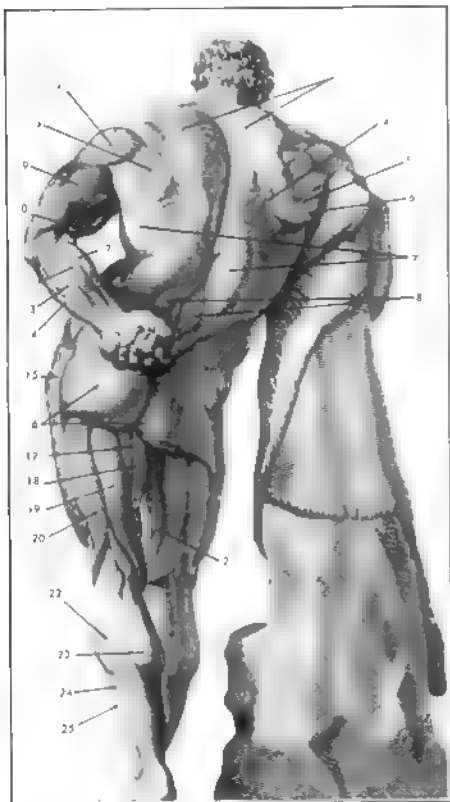
ILLUS. b

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	Draws head backward and up either side	Shrugging motion, teeth ching, neck work at firing shoulder dials and overhead handbalancing, wrestling and gymnastics
2. STERNOCLEIDOMASTOID	Flexes neck, turns head side to side	Forward laddering, pushing on forehead and tilting with head
3. DELT. ID a. ANTERIOR b. LATERAL	Flexes, extends, rotates shoulder	All lifting involving the trapezius also activates this muscle Wrestling, boxing and supporting weight on head
4. ROTATOR CUFF a. ANTERIOR b. POSTERIOR	Rotates shoulder, flexes, extends	Single and two hand curling, reverse curling, chinning, all lifts the shoulders, especially clearing, also all types of lowering, all machine work (top climbing, gymnastics, wrestling, etc.)
5. TRICEPS (OUTER HEAD)	Extends shoulder	Pressing in various forms, standing, sitting, lying, etc. All extension movements, short all overhead lifting and supporting, all straight arm work (handbalancing, gymnastics, etc.)
6. BRACHIORADIALIS	Flexes forearm	Most of the exercises listed in No. 4 also development of this muscle
7. RADIALIS LONGUS	Extends forearm, supinates forearm	Using thick handled weights, pinching, gripping, clearing weights to shoulders, finger stunts, spikes and ball landing, etc.
8. RADIALIS BREVIS	Flexes forearm, supinates forearm	Same as above
9. EXTENSOR DIGITORUM COMMUNIS	Extends fingers	Various types of pinching, gripping, etc.
10. LIGAMENT OF WRIST	Supports the fingers together	All heavy supports, especially those held on hands, support of and motion of pulleys and supports, wrist curls, wrist wrestling, etc.
11. PECTORALS	Flexes arm, adducts arm	All supine decline and incline pressing, lying lat pulls, pull-downs, etc.
12. EXTERNAL OBLIQUE	Flexes trunk, rotates trunk	Side bends, twisting movements, rotating torso while sitting and legs remain stationary, sit-up, all single overhead lifting, especially side and bent presses, single leg raise while standing, wrist ring, tennis, bowling, etc.
13. RECTUS ABDOMINIS	Flexes trunk, rotates trunk	All types of sit-ups, on floor, gym board and Roman chair. All forms of leg raises in lying position and between parallel bars or hanging from chinning bar. All frog kick, knee-plut, etc.
14. TENSOR FASCIAE LATAE	Abducts thigh, flexes leg	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart. Most exercises that lift the leg.
15. RECTUS FEMORIS	Extends thigh, flexes leg	Same as above
16. ADDUCTOR LONGUS	Adducts, rotates	Sitting, diving, sprinting, cycling, etc.
17. VASTUS EXTERNUS	Extends leg	Wide stance squats, placing the "cushie" between legs and turning, legs together, full or partial split and alternating for "buckle up" Acrobatic and ballet dancing. In wrestling, the "cushie" rule. Lying on back and spreading legs apart and bringing them together again. A rubber cable attached to ankle and moving it.
18. VASTUS INTERNUS	Extends leg	Most of the exercises recommended and suggested in No. 16.
19. TIBIAL ANTICUS	Flexes foot and elevates the instep	Squats, raising toes, rotating the ankle, calf exercises, sprinting, mountain climbing, etc.
20. PERONEUS LONGUS	Extends, abducts and everts the foot	All exercises mentioned and suggested for No. 19.
21. GASTROCNEMIUS	Extends foot and flexes leg	Rising and walking on toes or tiptoes, all form of calf work, leg press machine and iron foot movements. Sit up board, various form of squats and knee bending, sitting and standing broad jumping, tap and ball dancing, calf apparatus work, stair climbing, dipping one or two steps in the process, springing and running, etc.
22. LIGAMENT OF ANKLE	Holds the foot to the leg	All exercises that work the shin and calf muscles of the lower

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	<p>1. Neck back, up, down, side</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p> <p>4. Neck side, up, down, back</p>	<p>Stringing motion, tooth string, back work, all lifting in shoulders and overhead.</p> <p>Handbalancing, wrestling and gymnastics.</p>
2. POSTERIOR DELTOID	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>All lowering types of exercise, lateral raise while bending over, dips, expander movements, etc.</p>
3. INFRASPINATUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
4. RHOMBOIDS	<p>1. Neck side, up, down, back</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
5. TERES MINOR	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
6. TERES MAJOR	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
7. LATISSIMUS DORSI	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
8. ERECTOR SPINAE	<p>1. Neck side, up, down, back</p> <p>2. Neck side, up, down, back</p> <p>3. Neck side, up, down, back</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
9. TRICEPS LONG HEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
10. TRICEPS INNER HEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
11. EXTENSOR CARPI RADIALIS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
12. ABductor DORSI	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
13. PALMARIS LONGUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
14. FLEXOR ANULOCARPUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
15. TENSOR FASCIA LATA	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
16. GLUTEUS MAXIMUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
17. ADDUCTOR MAGNUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
18. GRACILIS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
19. SEMITENDINOSUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
20. PERONEUS FIBROSUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
21. PERONEUS LONGUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
22. GASTROCNEMIUS OLTER HEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
23. INNER HEAD	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
24. SOLEUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>
25. PERONEUS LONGUS	<p>1. Arm back, up, down, side</p> <p>2. Arm back, up, down, side</p> <p>3. Arm back, up, down, side</p>	<p>Parties with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull downs.</p>

HERCULES II

(Apollo - Power - One)



lesson **2**

LESSON TWO

This is your second week of our foundation course. This week you will continue to add extra exercises—added at the end of each session.

Remember the first week gave you a good foundation for what is to follow. So remember that the **THREE RULES** of our program are designed to coax you, gently, into the best state of fitness. Keep in mind that you are following the most advanced and scientific bodybuilding program available. You will be showing some noticeable improvement almost every day. But you follow HFC 145 for 90 days. But remember our 3 point program.

1. You must follow the exercise program exactly as told in our exercise program.
2. You must get adequate sleep and relaxation each and every day.
3. You must eat well and often drink plenty of milk if you are underweight. Protein shakes, eggs, cottage cheese, milk, yogurt, beef, chicken and fish are all good choices.

If you choose to neglect any of these points then you will be doing less than you first thought your physical appearance as a result. In addition, if you do not do as you are asked, you are not following the program. Take stock in yourself—how are you going to give your muscles a chance to improve on what?

Did you notice your muscles aching after your first few workouts? This is quite normal. In fact, you might think it might make you feel a little uncomfortable at first. It is only because that your muscles are reacting to the HFC 145 plan. Ever so this muscle soreness will subside after a few workout sessions. Remember, you are training regularly and you will never experience the same ache again. Naturally, if you fail to take a day off in some length, then when you resume working out you will notice a more severe muscle ache again. But here again, as you get back to your workouts you will not ache any more.

CONCENTRATION AND INSPIRATION

We've mentioned concentration before but it's being explained a little more clearly since it's of prime importance to you as an aspiring bodybuilder. When you perform any of the HERCULES exercises you should always keep your mind on the exercise movement with your attention on the contraction of the muscle you are using. Watch those arms, legs as you press and pause as you see your targets swell as you squat and climb. Don't exercise while watching T.V. Certainly not too many distractions while you exercise. You want your mind centered on what you are doing. Concentrate on improving your performance in each workout. For example, if you can manage 10 reps at a particular exercise, one workout only then try to 11 reps next day, after an exercise during the next workout session. You see, only one thing is sort of an obsession. If you can master that, by each time you workout. And of course muscle growth is only achieved when you take the time to rest and make the most of it. So if your body. Theoretically speaking, every time you manage to improve your "reps" at any movement your muscles will increase in size to accommodate this extra demand. So concentrate more for bigger muscles.

I would appreciate it if you could help me by sending me some more information about your company. I am interested in your products and services. Please let me know what you are doing. I will be glad to hear from you. Thank you very much.

Very truly yours,
[Signature]

[Name]
[Address]
[City, State, Zip]

Enclosure

1. ~~Don't~~ **be** yourself! ~~Turn~~ **be** a ~~delicately muscled~~ **muscular** ~~and straining the golden sands of some friendly beach~~ **man**. ~~Imagine~~ **be** ~~yourself~~ **reaching to your powerfully handsome physique**. ~~Let~~ **fact** ~~win~~ **is** ~~always keep a man~~ **always** ~~in~~ **the** ~~made of the~~ **kind** ~~of~~ **of** ~~ability you are striving to construct~~ **ability you are striving to construct**. ~~Tell yourself you~~ **will** ~~will~~ **SUCCEED**. ~~Determine now~~ **Determine now** ~~or~~ **or** ~~6 days~~ **any** ~~workouts~~ **workouts**. ~~Determine now~~ **Determine now** ~~that you will keep up your enthusiasm and~~ **that you will keep up your enthusiasm and** ~~success is yours~~ **success is yours**. ~~Determine~~ **Determine** ~~now~~ **now** ~~to remain inspired!~~ **to remain inspired!**

Step Two

Special Vitamins and Minerals for Skin

Vitamin A is an essential vitamin for skin health. A high vitamin A intake is especially good for dry skin. Lack of vitamin A almost always helps create acne. Vitamins A, C, D, K, E and calcium are also needed for healthy, smooth skin with a natural elasticity. Cold liver oil is best for this, not only for polyunsaturates but also for vitamin A. It is also routine. You can get your normal requirement by taking one ounce (two tablespoons) of cod liver oil daily. Vitamin K is found in dairy products, vegetables, especially leafy greens is the best source of vitamin E.

B vitamins are special for dry skin. They all help to keep skin soft, smooth and healthy. B1, B2, B6, B12, B5 and B7 are the most important. B12 is the best known. B12 is found in meat, fish, eggs, dairy products, and fortified cereals. B6 is found in meat, fish, eggs, and fortified cereals. B5 is found in meat, fish, eggs, and fortified cereals. B7 is found in meat, fish, eggs, and fortified cereals. B12 is the best known. B12 is found in meat, fish, eggs, dairy products, and fortified cereals. B6 is found in meat, fish, eggs, and fortified cereals. B5 is found in meat, fish, eggs, and fortified cereals. B7 is found in meat, fish, eggs, and fortified cereals.

Dry Skin

For skin surgery, particularly around the eyes. Dr. C. J. Silver, expert in this and generally, uses scrubs with a mixture of 25,000 units of vitamin A after each wash each morning. It is good to use with a short time. Use a very mild soap and use creams to protect the skin from the cold and the wind.

Drugs

All drugs including analgesics, headache mixers, antibiotics, tranquilizers and diuretics can sometimes cause drug rashes.

Step Three

Special Treatments

Pimples. These are caused by dry skin. As soon as you notice the start of a pimple, apply a hot compress. Apply it for at least 24 hours. Most of the time the infection and inflammation is gone with the dry skin. Never squeeze a pimple which is above the level of the upper lip. This is very dangerous because it can get into the blood stream and cause a brain abscess. Always apply hot compresses until it comes to a head and then squeeze it out. Do not squeeze it out. Then it is it appears, it will drain off fairly soon and will not spread toward the brain.

Born. Apply antibiotics of ointment to the head for one or more times a day for 10 days. With in 40 days the swelling disappears and no further treatment, surgical drainage is avoided.

Step Nine

Fresh Air

A ray really skinned, exposed to clean, fresh air. Let it walk in the fresh air, taking long, long, long—breaths if necessary—of the skin. A barbing, even though the sky is overcast, can give a thoroughly beneficial

Step Ten

Rest

The highest score is important. Make sure you get sufficient sleep (at least 8 hours) the night before you take the test.

Don't use the highest score as a target. You are not on your own. Although it may seem like you are, you are not.

Give yourself a reward. We use it to reward your hard work, and it's a great way to also give yourself a break.

Step Eleven

Smoking

If you smoke, you should definitely take drastic action to stop. People who smoke heavily and over a long period of time are at much greater risk of developing skin cancer. I should smoke cigarettes over 200 a day and whilst pass through the worst of them. You can never have the chance of making your skin look its best if you continue to smoke. It just isn't possible for your skin to have a truly healthy glow if you smoke. All ways will be that much better if you continue to smoke. Sometimes the skin is unpleasant to look at. Some people are realizing this. Take initiatives to make it difficult to improve the condition of the skin. Luxur is not solve skin problems. Luxur is not be dangerous. If you are taking the time to think about skin. One of the best ways to deal with skin is to use the right products. If you are taking the time to think about skin.

HOW TO IMPROVE YOUR SKILL AT WRIST WRESTLING

Ever wished you had the job of a beat every body at the same year of work without any harm to the you have earned later in HERCULES? Of course you will believe you would have done it at work without any harm. But let it be better than average easy not to go on enough for you. You will find the best of the way to go on in the book.

Practice this technique with your partner. Remember to use both hands.

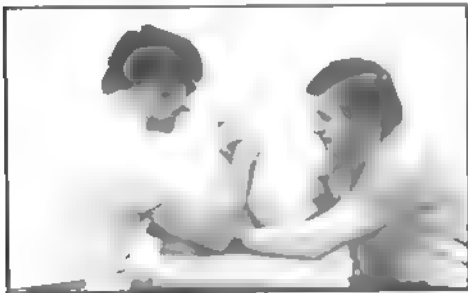
Practice this technique with your partner. Remember to use both hands.

3. Practice this technique with your partner. Remember to use both hands.

4. West wrestling is not just a matter of strength. There is a lot of technique involved in the correct form and performance of this thousand-year-old sport.

Remember

is that you are using the same with your free hand.



The trick in winning at west wrestling is to simply try to twist your opponent's palm to face you. By

the way you use your hands, you can win the match. Remember to use both hands. Practice this technique with your partner. Remember to use both hands.

is right too

BODYBUILDING QUESTIONS

By far, the most common question we are asked is:

■ "How can I gain weight quickly?"

Our answer may seem somewhat cliché, but nevertheless, it never fails: eat more. As the saying goes, if you eat more, you will grow. Just be aware: for this, most people need a Calorie intake of about 3,000-3,500 Cal. If you are a female, you will need about 2,000-2,500 Cal. If you are a male, you will need about 2,500-3,000 Cal. If you are a horse, you will need about 10,000-15,000 Cal.

Dr. Henry is a bodybuilder. What is your favorite food? I like to eat a lot of chicken and rice.

What is your favorite food? I like to eat a lot of chicken and rice. I also like to eat a lot of chicken and rice.

What is your favorite food? I like to eat a lot of chicken and rice. I also like to eat a lot of chicken and rice.

What is your favorite food? I like to eat a lot of chicken and rice. I also like to eat a lot of chicken and rice.

What is your favorite food? I like to eat a lot of chicken and rice. I also like to eat a lot of chicken and rice.

Here are a few examples of champion physiques and the diets that built them:

Vic Downs, World's Most Muscular Man 1967

When Vic was training for the World's Most Muscular Man competition, he ate a dozen eggs at a sitting, along with 100 grams of protein powder, in addition to regular meals.

Bruce Randall, Mr. Universe 1959

When Bruce was training to break strength records, he ate a dozen eggs at a sitting, along with 100 grams of protein powder, in addition to regular meals. He also ate over 9,000 calories a day.

Fabulous Hercules Wall Push

1. Move your feet back until most of your body weight is taken by your arms. Now press your body away from the wall by straightening the arms. Immediately return to the starting position. Repeat 10 times without sudden strain. Do not rest more than 30 seconds.



As we mentioned at the beginning of this second lesson, you will do the same exercises as last week (lesson one) plus two extra exercises.

The two new exercises this week are:

Chair Triceps Pushup

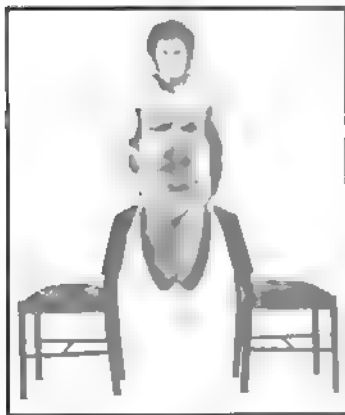
2 x 10

illus. (a)

Adopt the position as shown in the illustration: hands about five inches apart. Keeping your elbows 'in' to your waist, lower the body up and down in a steady rhythm, allowing the chest to touch your hands on the bench or chair.



ILLUS. (a)



ILLUS. (b)

Chair Shrugs

2 x 20

illus. (b)

Adopt the position as illustrated. Keeping your arms absolutely straight ALL the time, raise and lower your entire body by shrugging your shoulders. Aim to touch the shoulders to your ears each repetition.



1. Urdhva Dhanurasana



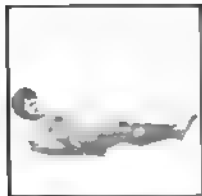
2. Urdhva Dhanurasana



3. Urdhva Dhanurasana



4. Urdhva Dhanurasana



5. Urdhva Dhanurasana



6. Urdhva Dhanurasana



7. Urdhva Dhanurasana

This concludes your basic two week foundation course. Next week you will receive Lesson 3.

You will find that in this next lesson you are taken a step further into your bodybuilding advancement. Plus we are going to give you the super secrets on how to gain MUSCLE BULK! Yes, you will not let it on the sites discover how you can increase your bodyweight in the fastest possible way. In addition we cover the simple steps you can take to learn how to do a simple handstand. In the advanced section showing how you may accomplish the impressive one handed handstand.

See you next week!



HERCULES II

(Apollo - Power - One)



lesson **3**

LESSON THREE

Back again Are you ready to go?

We assume that you have been doing the recommended foundation course during the last two weeks

Remember the three point plan

- 1 Get sufficient food
- 2 Exercise hard
- 3 Get sufficient sleep and relaxation

Now it's time to work on the four advanced intermediate programs. These are designed to help you work every day. They are going to work for you. The magic. They help and we will change your body and your life.

EXERCISE ONE

Windmill Toe Touching

• overall body warmer upper

Start in a standing position with feet shoulder width apart. Arms extended straight out to the sides. Bend the knees and lean forward, reaching the hands down towards the feet. The hands should touch the feet. This is the starting position for the exercise.

ILLUSTRATION



EXERCISE TWO

Jackknife Deltoid Dip

- 10-15 reps

Assume a position as shown in illustration 1.

1.  2. 

3.  4. 

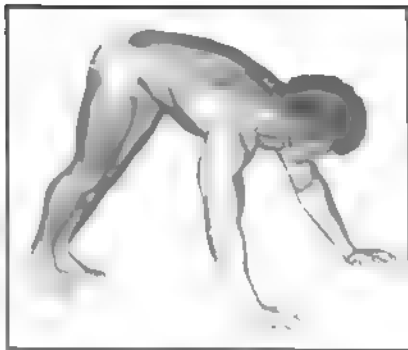
The main tension in the shoulder region rather

than in the elbow region.

5.  6. 

Complete 3 sets of at least ten repetitions.

10-15 reps



EXERCISE THREE

Wide Grip Chair Pushups

- 10-15 reps

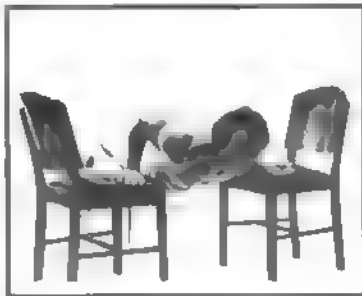
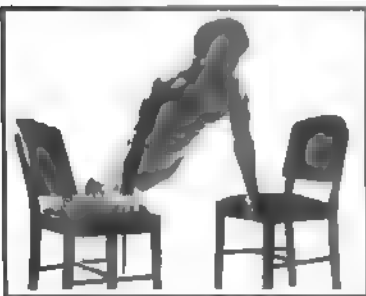
This exercise is specifically designed to strengthen the chest muscles.

1. Place hands, fingers facing straight ahead, on two chairs (illustration 1).
2.  3.  4. 

Lower body by bending arms until your chest just will not go any farther.

Make a steady up/down movement without pausing for rest.

Try 3 sets of 8 reps. If you can manage more do 10-15 reps.



EXERCISE FOUR

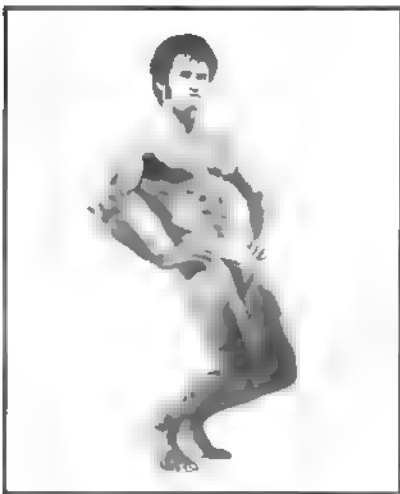
Sissy Squats

■ thighs and calves

- 1 Make sure that the body leans back while the hips and thighs are kept forward
- 2 Keep feet at or 12" apart, hands outstretched in front of on tips to help your balance
- 3 Slowly lower body by squatting down, but maintain torso straight throughout the exercise
- 4 Raise and lower in rhythm. Caution against lowering steps has been completed.

Perform 3 sets of 18 or more reps

LEGS (c)



EXERCISE FIVE

Hercules Chair Dips

• arms, chest, shoulders, neck 3 x 5

1. As illustrated, as shown in the first illustration. Make sure that your shoulders are directly over your hands. As you lower your body, your arms should be straight. Feel more comfortable when you can lower your body one hand at a time.
2. Lower slowly to the position of 1 and raise again. Allow the body to rest about 15 seconds before repeating the exercise.
3. Continue to alternate between the two positions as you change your body position. Make sure you are always in a safe position. You may be able to do this exercise in your own home.

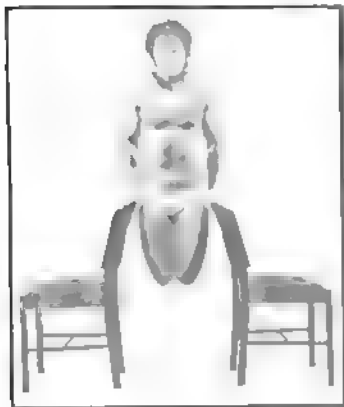


ILLUSTRATION 1

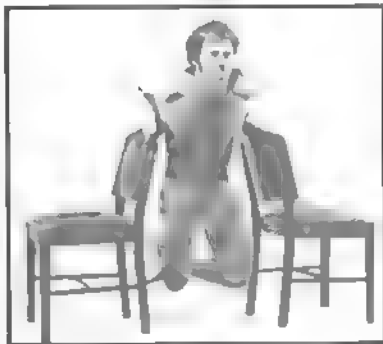


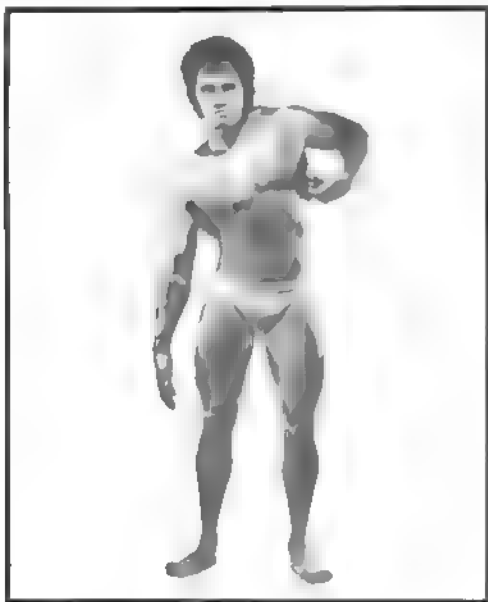
ILLUSTRATION 2

EXERCISE SIX

Side Bends

• midsection 3 x 50

1. Stand upright as illustrated, feet 20 inches apart. Keeping your back straight, bend the trunk from side to side.
2. Effortlessly lean as far as you are able to each side. Aim for 3 sets of 50 reps.



.....

This concludes your workout for Lesson Three. Always work hard and follow the exercises as outlined.

As we progress, strive to get a little bigger and increase your maximum muscle density.

MUSCLE BULK

You may or may not be able to 2x your muscle mass in 12 weeks. If you are not able to, don't worry. You will still have gained the correct amount of solid muscle.

1. Perform your exercises with a steady rhythm.

5. Increase your protein intake to 1.5g per lb of body weight.
1. Eat a little less.

Preparing your body for vigorous workouts in advance.

6. Follow the bulk gaining diets we recommend.

body training on your

8. Sleep at least 8 hours each night.
 9. Don't drink, smoke or dissipate.
 10. Learn to relax (put your feet up) when not training.
 11. Never let the body go without some nourishment. Food or drink every two hours. Except at night time when you are sleeping.
 2. Weigh yourself every 2 weeks.
- MORE

Here is a sample muscle building diet:

BREAKFAST

- 2 glasses milk
- meal of cereal or eggs & bacon
- 2 slices toast with butter and jelly or honey

LUNCH

- 1 glass milk
- meat
- 2 slices toast or hamburger with or without spaghetti sauce

SUPPER

- 1 glass milk
- Wheat, potatoes, meal of meat, vegetables, spaghetti
- 2 slices toast or rice

2

peanut butter, cheese, fish, or meat sandwiches

AFTERNOON SNACK

- 1 glass milk
- one cake or sandwich

SNACK BEFORE BED

- 1 glass milk
- peanut butter, ham, egg or honey sandwich

Don't forget to exercise. If you are not able to 2x your muscle mass in 12 weeks, don't worry. You will still have gained the correct amount of solid muscle.

Illustration 2 (the splayed hand)



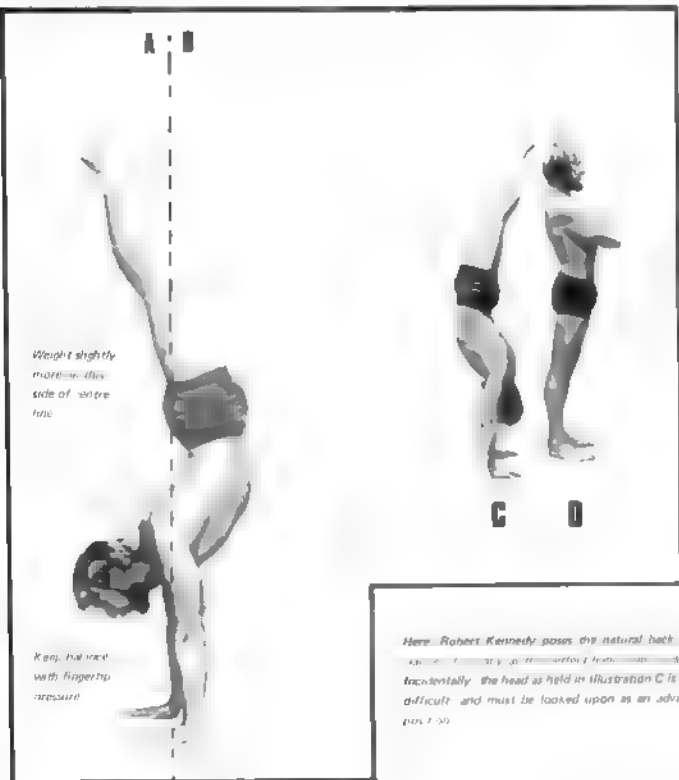
This exercise should be done slowly, holding the position for as long as possible, for a few minutes each day. Special care must be paid to the heel position which should be lowered and a waltz stretch be neck to its limit.

Another good exercise to increase wrist flexibility and strength is one which can be done at all times during the day. It is simply that of clenching and unclenching the fists. This can be done with or without anything in the hands, or if preferred, a soft rubber ball can be used.

As this initial week of your first exercise progresses, you should begin to feel the results of your crouch balance movements. Your arms will gain strength and you will slowly find that you can maintain the balance position for longer periods without undue strain.

STEP SIX

You will notice that in *Illustration 4* a dotted line has been drawn approximately through the centre of the figure. This line represents the centre of gravity mentioned earlier. The centre of gravity is a rough theoretical concept, but becomes a very realistic one in practice, and study of our diagram should help you discover an approximate position. Its purpose here is to show you that when in perfect balance the amount of weight on each side of the line is equal almost, but not quite. There is slightly more bodyweight on the A side than on the B side. This is the overbalance position that was mentioned by today the only way that the feet of A will be pressure on the fingertips must be great enough to prevent it from falling. If you can maintain the balance rate with little or no use of the fingertips, you are in it. This is why that you should set you self. Practice does indeed make perfect and a short time spent carefully will in fact bring a remarkable improvement.



Weight slightly more on the side of centre line

Keep head with fingertips pressure

Here Robert Kennedy poses the natural back arch. The head as held in *Illustration C* is quite difficult and must be looked upon as an advanced position.

Elementary balance must be practised until such time as you can keep the body from shoulders to feet rigid. Once you can do this, the amount of muscular effort required to hold balance is greatly reduced. Reaching the point where you can concentrate entirely on fingertip pressure should be your next goal and all practice should be to this end.

To sum up what we have just learned

The body is kept in a state of balance by means of the overbalance being kept in check by fingertip pressure. Underbalance is corrected by bending the elbows and strengthening them to regain the proper position. Always avoid walking forward on the hands, except in emergencies. For apart from being an iron heel, ultimately gets the would-be balancer into bad habits which are later hard to correct. Remember, practice makes perfect, a bad habit practiced enough would make that error perfect. That is why it is so important to practice whatever you do correctly from the very beginning. Control your enthusiasm to progress as fast as possible, but heed in mind what has been said. Forcing the pace can lead to bad balancing habits and even failure. This is why so much time has been taken over the elementary stages of handbalancing.

STEP SEVEN

Variety

You are now in a position to bring a little variety into your balancing practice. Don't be afraid of breaking your feet apart and trying your handstands on firmer ground if a soft rug is handy. Obviously, the harder the surface, the better, but if you are very poor because of softness, in strengthening the fingers and aiding your progress to the perfect handstand.

STEP EIGHT

The Perfect Handstand

Just what does the perfect handstand look like? It would seem that each of the many expert handbalancers hold a different opinion on this. Some insist that it is only perfect when the normal back arch is the imprint of back to how a person would have standing erect is shown in the handstand position. See Figure 4-5. Others prefer a very deep arch on the claim that it looks more graceful. General consensus of opinion is, however, is that the former, with the normal arch and more erect position is more desirable and accepted as the most perfect stance of the two. It is toward this position that we suggest you plan your practice.

STEP NINE

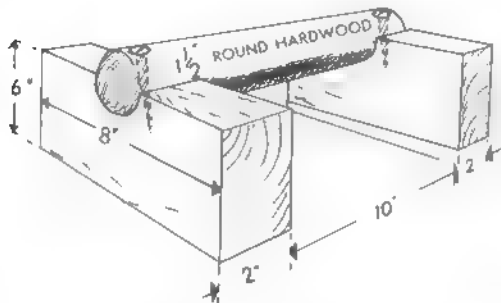
The handstand press-up

Once you have learned the kick up handstand and have mastered fairly well the handstand press up is your next objective. First you are to achieve the handstand on the hands and you will start exercises for steady more strength and control. The handstand press up is performed in the following way. Again, the wall and go to the handstand wall handstand and don't forget that exercise is done in the handstand position. After the handstand is achieved, slowly bring your arms and follow your head to sink onto the floor. This movement is not a full back. The next stage, just people find it difficult to get on your feet from your arms in the handstand position. If you find that it is not too difficult, try 20 handstand press ups in a row. 50 to 20 a day. They must be necessary be performed at one time. The second time you exercise in the handstand position. From the handstand position, arms at head and then bring down straight and back straight and you will achieve success in the next step.

Floor Parallel Bars

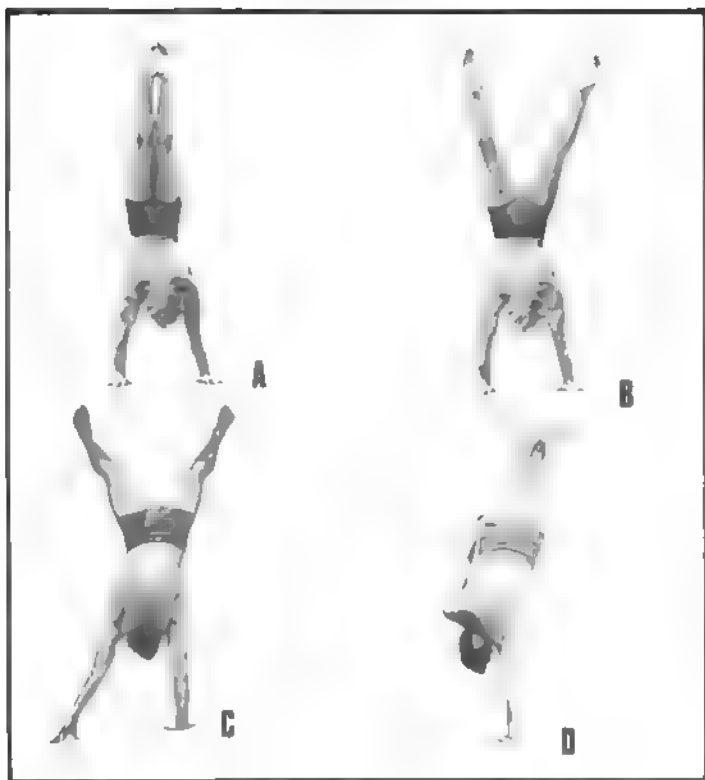
Many people learn to lose balance from that they can more easily lose this skill by reaction from the start or who is generally weaker as the floor parallel bars. We are going to show these bars in the floor. Some using the minimum amount of material and thus keeping you costs low. See illustration 6.

Illustration 6 (how to construct floor parallel bars)



MAKE TWO OF THE ABOVE FLOOR PARALLEL BARS.

Illustration 7 (the final steps)



Difficulties you may encounter

To conclude, I should be reminded that you must be careful to progress slowly. Master one phase now. Once that you are going to start a new phase, you can begin a new phase. Once you have mastered the various techniques.

[illegible]



Keep up your enthusiasm, you have no doubt noticed a difference in your physique. You feel better. Right? Train hard this week. The next lesson is the beginning of a new phase, designed to give you utmost strength, fitness and muscle. You will be trained in advanced moves for your defence, to ensure your personal safety at all times.

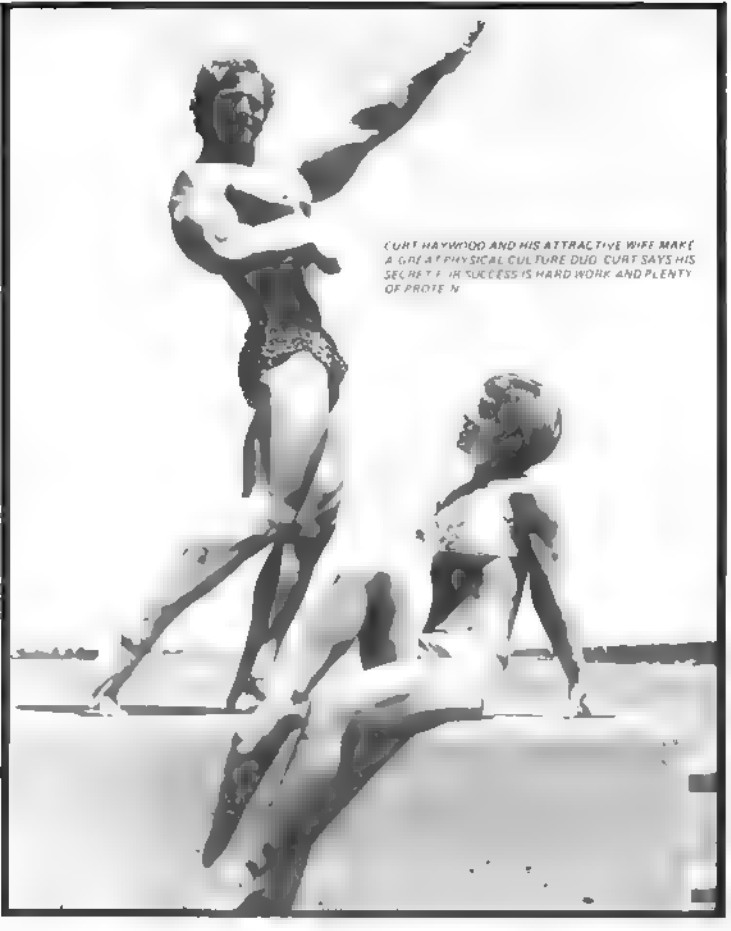
Meanwhile, train diligently and watch those muscles bulge. (continued)

HERCULES II

(Apollo - Power - One)



lesson **4**



CURT HAYWOOD AND HIS ATTRACTIVE WIFE MAKE
A GREAT PHYSICAL CULTURE DUO. CURT SAYS HIS
SECRET TO SUCCESS IS HARD WORK AND PLENTY
OF PROTEIN.



MR. NERE FRANZONI, A THE IDEAL
PROFESSIONAL BODYBUILDER, SHOWS
PHYSICAL DEVELOPMENT AND
OUTSTANDING MUSCLE DEFINITION

LESSON FOUR

1. This lesson gives you **TWO** of the same exercises scheduled as you did last week, but you will attend to them **TWO** times this week. You will also be given **two** new exercises to do each day.

Here are your two new exercises:

EXERCISE SEVEN

Doorway Pulls

2 x 6

This exercise is designed to help you stretch your back muscles.

1. The usual way to do this is to hold on to the inner handles of a sturdy door as illustrated (a).
2. The art is to pull on the handles so that you stretch the lat muscles (that is, the muscles that run down the back).
3. Bend your knees, keep your back and arms straight, and pull on the handles to release the tension in your back muscles (lats). The overall effect of this special movement is to develop the "J" shape of the back. Perform 2 sets of 6 pulls.



ILLUS (a)



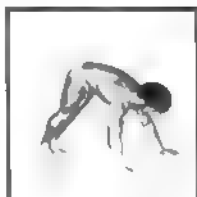
ILLUS (b)

EXERCISE EIGHT

Seated Alternate Leg Kicks

2 x 15

Keeping your legs straight, raise each foot as high as you can (illus. b). While supporting yourself as illustrated on a bench or chair, try and kick each leg higher during each repetition. 2 sets, 15 reps.



4



5

6

It is the responsibility of most of you to protect yourself. Also, you will try to leave your apartment during this week's exercise. Please do not drink.

Follow this instruction. You can do it. You can walk with the confidence of a lion. Be proud. Be sure in yourself of the knowledge that the five Dymo moves can give you the confidence and assurance which is your birthright.

STEP ONE

The Golden Key

The golden key to any successful beginning is a full tune of mind. You must give yourself the one precious thing that we are unable to inject into this course: POSITIVE DETERMINATION THROUGH SELF-MOTIVATION. Tell yourself now, before you begin, that you will become a champion. Fight any Machine and die if you do not follow this instruction. You will never again feel the need of those verbal suggestions that may call you into action.

Remember, you can do it. No move is too difficult.

1. Be alert in your training periods. Do not practice when you are tired or fatigued.
2. Remember these moves are a matter of your self-discipline and work your face up to it.
3. Stand your feet together, feet close together, stable, correct, so you feel at ease and comfortable. You will be a champion by discipline and have the leadership to prevent power attacks.

STEP TWO

Dymo Hand Conditioning

So that you are confident before this instruction, you must start by fighting your own hands. You must do it first. You must take the advice (like a coach) going over your feet. These are the same exercises that are used in boxing, so as to toughen the body without harming it, conditioning the body. Any way, hand conditioning is one of the most valuable parts of Dymo Karate. It is of the value of a shield that you must have at your feet. Tell yourself: Dymo hand conditioning will be very rough on the hands, allowing you to be able to be struck at any part of an attacker's body without pain.

The beginner will benefit most from mild conditioning along with daily soaking in a strong solution of salt and water (2 cups of salt per quart of water). Soak for 5 minutes each day. Should begin to dry out, the solution can be used repeatedly by adding water only. One week of soaking should be enough. Most beginners, in any event, do not soak for more than two weeks at the most.

Finger Tip Conditioning

To strengthen the tips of your fingers, use ordinary household rice. Place uncooked rice in a metal tin or box up to wrist depth. Drive your hand in wrist deep with your hand stiff and fingers close together and extended. Continue this until you feel your hands are ready for the next step usually one week. See illustration A.)

Change from rice to sand when you are ready for a more advanced ingredient. Practice session should last from 10 to 15 minutes of continuous training. This final step we advise only to those who are prepared to take hand conditioning to the extreme where this step is necessary. It is not advised for those there may be the odd student who would like to try this advanced step but to treat only as practice if you intend to become a real enthusiast. Change the sand to that for one made of small smooth stones. Follow through with this step in the same manner as previously illustrated.

Dymo Hand Chop Conditioning

The hand should be positioned about two inches above a source that striking will cause a blow with the edge of each hand alternately taking care not to strike with the fingers or wrist bone. See Figure 11B.



Begin striking the surface until a slight numbing is felt. Then rest for a few minutes as you adjust your weight. As your conditioning strengthens your hands slowly but surely. Start with a back and forth motion over tender skin.

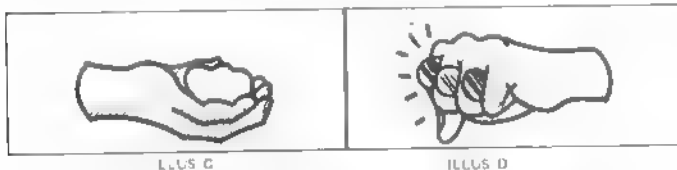
Having completed this step, move your hand up a further two inches above the surface until a numbing feeling is felt again.

Note: Even though the numbing feeling is felt, continue each step for a period of 5 to 8 minutes each day for five days each week, relaxing on the weekend to allow the hand and skin to rest and recuperate.

Move the conditioning position of your hand up a further two inches from the table after you have completed step two. Continue moving the conditioning position of your hand until you reach a point where you can strike the surface without undue discomfort or weakening of the hand. The final step in the Dymo Hand Chop conditioning is breathing. To some extent, the way you are conditioning is a preview of your blow. Breathe deeply when rising your arms, taking your hands. Strike with force and precision. Your lungs as you smash down on your imagined opponent. When you have reached this stage you can be assured that only a man who would be foolish enough to provoke such a blow from you will ever regret it.

Note: Deep breathing in co-ordination with a hand chop puts more power in the blow by continually supplying the muscles with a fresh supply of oxygenated blood. Make a point of always practicing your breathing during training periods.

Dynmo Karate Power Strikes

[illegible][illegible]

- piece hand' with just one hand in your pocket

Traction splints **never** will reduce the risk of fractures. Depending on the strength of your jaw, a penny or two can inflict as much as 100 pounds of pull on a tooth. And if you have been hurt by a fall, it will pull the muscle damaged to any muscle, bone or tissue that is the conventional treatment is.

Elbow Smash

The elbow is your most effective weapon when being assailed from the rear. It has a much greater striking force than the fist. From this angle, disabling you to disable your attacker with one blow. (See Illustration E)



Knee Smash

This is a most effective form of attack and can temporarily disable a foe. Bend your knee and bring up your leg, aiming at the groin of your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range. (See Illustration F)



Heel Stamp

Raise your foot slightly, point the heel away from your body, and thrust your foot forward and strike by stamping the inside of the heel to the groin. Usually the heel is kept at a 45-degree angle, but you may use the heel as indicated by the thickest heel of a karateka's shoe, side-on. With the correct shoe, the effect is devastating.



The Knife Hand

This is formed by holding the hand as in the hand chop position, but with the fingers bent slightly at an angle to the palm. See Illustration H. The knife hand can be used in two ways: both extremely painful. The downward chop is the first, and is shaped by bending the arm at the elbow and swinging it down in a hammer-like motion. Be sure to keep the fingers rigid and close together.

ILLUSTRATION H



The second is the side chop which is formed by slashing or swinging in a semi-circle from the elbow, striking with the edge of the hand. See Illustration I. Both attacks can cause excruciating pain when executed in the correct manner and speed. Both should be practiced against a suitable padded surface, or with either rice or sand as was indicated. Speed is your ally—learn to strike fast.

All movements mentioned above should be practiced daily. The first on sand, the elbow against a soft but firm surface, and the same with the knee and heel. Look around for a suitable practice material or go to it. What you need to develop is speed and accuracy.

STEP FOUR

Dyna Nerve Blows

The following are low devastating nerve blows that you must learn and practice in rapid succession with a friend, and they are second nature to you. Take time off to consider these movements. Say to yourself: "wonder which of the defence types that I have learned would be best to use against this or that person, in this or that position. In a word, become attack and defence conscious."

i) Red Eye

Hold the hand horizontally in the clenched fist form. Strike forward and upward into the corner of the attacker's eye.

ii) Double Finger

Using the index and middle fingers only in the knife hand form, strike outward and upward at the base of the lower eyelid. This is to be used only as a last resort as it is quite easy to blind or even to shatter the eye by using this drastic measure. See Illustration J.

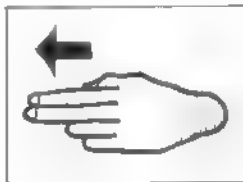
iii) Flat Hand Nose Crush

Smash straight power is into under part of nose with butt of hand. (See Illustration K).

ILLUS. I



ILLUS. J



ILLUS. K

(iv) Killer Throat Crush

Smash straight to the Adam's apple using a penny-tight clenched fist technique (if there is time). This will temporarily cut off your opponent's air, causing him to gag, allowing you the choice of either breaking off your attack or finishing him off (see 'LUS. 4').

LUS. 4



Note: Excessive use of alcohol, tobacco and most certainly drugs will contribute to your lack of energy when the need to exert yourself arises. Smoking not only contributes to heart disease, lung, throat and mouth cancer, but it also starves the system of oxygen and poisons the life-giving blood to the extent of retarding normal growth. If you feel that you must either drink or smoke, do try to moderate your habits. Ideally, it would be much better to stop.

Street Fighting Stance

Experience has taught us that the best possible fighting stance to adopt and use when there is no chance of danger till when our aggressiveness has begun, is one which shows no hostility yet prepares you for action if required.

The position should be as follows: The body should be relaxed yet ready for action. You should be facing the opponent with feet shoulder width apart, one foot slightly ahead of the other. Which foot is in front will depend on which is your striking hand. Your knees should be slightly bent, weight evenly placed, ears up and eyes on opponent's chest. In this way it is possible to detect any movement from either the opponent's arms or legs. A confident appearance is most important as often this causes the attacker to back down.

c) The final movement is to sweep downward and outward with your right leg, sweeping down as hard and quickly as you can from the highest point of your upward kick. Your leg must strike your opponent's leg or legs either at his knee height or just above. Practice with each you completing this whole movement in less than a second. This action of sweeping away a man's legs is one quick movement which itself put a man on his back. But there is one last extra touch that will if done correctly completely dispense with your having to bother about what is going on to his occiput and unless he's a fool on any other occasion. At the exact moment when your leg makes contact with his buttocks hard as you can with your left hand and push a twisting movement is made as you fall with your right. This vicious twisting movement is you. An excellent opportunity to your opponent the amount of time you have spent at it only. The back of your opponent's head will then strike the ground hard if you can. See illustration M.

Don't then ever be tempted to practice this movement with a friend at full speed, through fear of hurting him. Your accuracy and skill will develop just as well in fact better if you go through each movement slowly and think of what you are doing. Remember these Dymo moves have been carefully selected for their devastating effect and suitability of application from the many hundreds of moves that are possible. Practice this movement until it becomes second nature to you and then, should you be forced to use it, you can be confident that it will be 100% successful every time.

ILLUS. M



DYMO MOVEMENT TWO

Attack From Rear

The most common form of premeditated attack is obviously enough from the rear. Or could almost imagine the form of attack being a robbery of the car as described above. You having kept calm and so you thought subvert the thug, have to now walk away only to be assailed from behind. The thug's intention is to make his position the one of advantage. Your job is to disarm him. There are two ways that you may be approached from behind

- (a) By running attack
- (b) By quiet surprise

Of course any man who is fool enough to herald his approach by running at his intended prey would not enjoy the tactical advantage of surprise. On hearing the sound of running feet any man would be bound to ace the onslaught. Therefore we must assume that with the exception of a follow up of a silent danger after a quiet retreat attacks from the rear would be of the surprise type.

There is no way that it can be said that a man will grab and hold another from behind many factors must be considered, the respective height of the men concerned being not the least. It is experienced in these matters have helped us to arrive at the fact that attacks from the rear can be divided into the following categories:

1. neck holds - 46%
2. shoulder holds - 22%
3. hair pulling - 16%
4. waist holds - 8%
5. others - 8%

Neck and Throat Lock - 46%

This is the most dangerous to deal with and the one where a solution must be found QUICKLY because it will restrict your air supply. Air of course is absolutely essential at all times but if you are called upon to fight then you must have lots and lots of it. This question of air supply and its effects on the body is of utmost importance and when understood by you, can be of immeasurable value when dealing with a huge threat. He realized that it is very hard to stop someone who is intent on murderously attacking you. By that is meant an attack from an insane psychopath. To deal with a drunk or a half hearted punch from the man upstairs or an attack by a frightened teenager is one thing. But unfortunately the fact is that many leaders may well be faced with an aggressor of a much different calibre.

This being so we must digress for a moment here to consider fighting and the nature of man in general. There are basically two types of minds behind the fighters:

- a. those who are natural born fighters, and
- b. those whose nature is not violent yet who find themselves forced into action for no reason or another and so basically are out of character doing so.

There is a third group but only one thing in hundreds thankfully can be placed into it. This group - the psychopathic group - is very small.

It is human nature for a normal man to subconsciously know fairly accurately how much damage to himself he is prepared to suffer before he withdraws from any combat. There are very few without fear of personal injury. The real difference is between positive and negative attitude in fighting. Mr. Positive intent on hurting the other. Mr. Negative concerned only with how much he is getting hurt. So the ways in which to stop a man while fighting depends also on the type of man and the extent of his positive or negative attitude.

The Negative Attitude

General speaking, no act of physical violence should arise out of a dispute with an ~~in the~~ ^{in the} ~~peace loving~~ ^{peace loving} man. As he is loath to fighting he will be more than pleased to talk.

However, with a man who is perhaps not too sure of himself, or a young inexperienced engineer, in a crowded room, because he does not give vent to any feelings of objectivity, waits until the time takes him to form an impression of the value of the page, it is easy enough to demonstrate by a function or by a diagram that a vision of the world is a face of things, that he will get lost, it is interesting to know a diagram and the use of the object, I mean, the expression of himself, which is always the system pointed out by the other's

The Positive Attitude

The first will be a surprise attack. He is going to take a lot from his knowledge that you are not worth the risk. He is a sneaky, vicious, it is not Olympic standard, it isn't. Then you are a knockout. Well, not on the hands and 70 hours of practice each week. Our aim is to turn you as quickly as possible into a very confident and capable of trouble into a man who if set upon from any angle, will come out with a very what to do. Such a positive reversal of action is guaranteed to give a lack of security, a doubt. Imagine yourself being a determined man who intends to attack somebody quickly, as you are not used to it. Their hard-earned money is a very idea, but nevertheless one which is built around many a lot. Over as you read this, speed is essential. A quick attack, a quick getaway. Now, imagine a lack of a man on the ear a surprise attack, you think of a normal man, you think, but instead of having them, you know other guys and you know you find yourself wounded by a vicious blow to your solid, Texas.

He: what do I do if you with? his man can duck backwards it was his elbow that's not fa Then you find a hand over your own mouth Now you're being attacked. What's happened? You are in and who is doing the attacking? of you. This never happens before. You assume you're going to get hit but it has a story. You are spun around your arms in a pair of locks you feel we should only do it if you're not eye and a shot to your chest. Is above your eyes and you say I can't make it was in your arms in a stamp on the back of your knees. The pair is unusual if they must be taken. But over how do you think or apply it to the face? a test for the whole world is and I think that's enough. I don't know how it is. I see it in the face. You can't get a change to look into the face? It's a change to look into the face. I don't see a curtain of unconsciousness flows over you.

[illegible]

There are only two ways to stop a man who really means to end your life. He is not deterred by law and who will not stop at even murder.

- to break his limbs so that his body cannot function,
- to knock the air out of his chest and starve him of more air
- to inflict a stab or blow on him, he remains helpless and of the air that is in his chest is a virtual no-use business.

Let us return to the attack from the rear by a neck hold.

Counter

The neck and head into the back of your opponent's arm, steady to get your hands in and to relieve pressure if you are trapped. Do not bend to the right or toward him, you must keep your body straight to make it more difficult for him to get his arms around you. As a strong, steady pull, you can slowly drag you to the ground, consolidating his advantage.

Grab his arms slipping them at the wrist and elbow, forcing with one hand and the other to the other. Sink downward to release the air. As you work under your knees and quickly trip him down, exhale as you while at the same time using forward to your opponent. See Illustration N.

You will not with some practice on a friend that if you retain your grip, you will with much speed, then your opponent's arms, he will be to turn his head in your arms. The result of this movement is to make you reverse your position. You are now in the back of your attack, with your arms and legs, working under his back, to make it for him. This is work for you, your body is with a little, but it is your opponent's knees, so you can get away from him. If you are in a position to get away from him, you must try your hardest to do just that.



ILLUS N

But what if he has either two arms around your throat or has a firm grip on your throat with one arm? Then you must quickly decide which of the following alternatives to employ. Be fast, wise, and Remember your air supply.

- a. If his head is on a level with yours, then reach back and try to get one hand behind his neck. If you are lucky in this, get your other hand over his mouth. A sure fire way of securing your release.
- b. Smash as hard as you possibly can with your elbow into one or more of the nerve centers of his upper body.
- c. While hanging onto his arm, kick with all your force into his knee and shin. Scrape down his shin, stamp on his instep. Only when his hands are loosened from your neck or his grip on your hair is released, can you then duck down and effect the original movement.

The above moves can be applied to a waist hold.

Attack from the Rear with a Strangle Hold

Counter

Grab a finger, preferably the little finger, with each hand and jerk hard to break his grip. After breaking up the grip, take care of maintaining your hold on the finger. Continue with vigorous knee and elbow smashing.

DYMO MOVEMENT THREE

Attack from the Front with Club or Fist

- a. Attacker aims to land a downward head blow with club (fist)

Counter

Block his incoming with your up. Tweak the angle of the blow. When one says "over" as you block a blow, that is not to be taken literally. Follow up with one or more of the above mentioned follow up attacks. The upper palm technique is most effective in this situation. (see the section on "upper palm" and P.)

- b. Attacker postures as innocently, but this time attack below the waist with either fist or club.

Counter

Slap club or fist away with forearm. Deliver butt of hand blow to facial areas to throw attacker. Balance. Follow-up with attack as above.

Note: In the case of a club, you must make your first move as high up on the attacking arm as possible so as to avoid connecting with the club. The reason for this is obvious.

DYMO MOVEMENT FOUR

Attack from Three Quarter Angles

Instead of playing the role of the victim, you must assume the initiative. A wary, ready, sharp-eyed self. You know when you are in trouble. On the street alone, etc. be alert for sights and sounds and movements to which you should respond with readiness to defend, rather than in a panic of helplessness. With an attack from the side, it can usually be dealt as the attack from the rear, or run away turning your own body with one exception: a running attack which is intended to bring you down.

Counter

Don't wait for your assailant to touch or grab you. In this case, you must make the first move. If you are certain that he intends to attack, two actions—done simultaneously at a running attacking manner—can immediately dissuade a man who expects a helpless prey.

- a. Thrust your hand open upwards toward his face and kick out at his lower legs or knees. (See Illustration Q) If the timing of your crawling hand is right, your attacker will be unable to avoid running into it. The upward motion of the hand is then changed to a downward motion as you tear the tips of your fingers and nails down across the eyelids (see Illustration O), tearing the lower lids and even the eyes.
- b. Immediately follow this attack with an open palm spread finger walk to the side of his face with your other hand. On impact, form your hand into a claw and with a claw at motion, grab the side of his face. (See Illustration P)



ILLUS Q

ILLUS P



ILLUS O



Don't use this type of attack unless you really need to. If your attacker is still moving forward and neither is falling forward, it's possible to tear a large portion of his face away.

In the event of your first open hand aimed at his eyes being blocked by his instinctive flinching up to protect his face, either deliver a punch to his body or side step to vigorously kick him above the knees, bringing him down. (See Illustration Q) Another useful weapon against a running man is a powerful, well-placed knee hand swing to the throat. If a man is running on to such a blow, then I will finish him for fighting altogether.

Finally, always set your body in readiness to receive a running attack. Strange as it may seem, you are in a better position of advantage than the attacker.

given the chance don't miss the opportunity of helping your adversary on his way by grabbing his outstretched arm (should there be one) and placing your leg in front of his as he lunges. This would necessitate you side stepping a little at the last minute. By pulling his arms as you lunge him you could effect a very heavy face slap which would give you the chance of delivering suitable kicks to his body and vital nerve centres.

THE FIFTH AND FINAL DYMOMOVEMENT

This is the counter to a knife attack. Although of course such an attack is very dangerous if a tool is as deadly as many would like to make out it is because of the speed and ease in which attacks on members of the force can be made that the author feels that it should be included in the course.

Knife Attack One Forward Lunge

Counter

When aggressor attacks with the side of his knife and delivers a violent side kick aimed at the back of your opponent's knee. Opponent should try to sidestep down on to one knee and deliver a very heavy back kick. If delivered properly your opponent will be kicked leaving you with the opportunity to kick the aggressor in his vital nerve centres.

Remember always attack full force. Always have the conviction to be victorious although it may well be totally against you. Remember one good blow can save a dozen weak ones.

Knife Attack Two

Short Rapid Lunges in Successive Motion

Counter

Divert attention in the most devastating way possible. Just how best to do this takes a little thought but it is most important that you do not underestimate the value of this technique. It is not an easy one to learn but becoming the attacker. To have someone a knife point at your chest is a very unpleasant experience and you will not be able to think clearly. So do not let this happen to you. Just imagine a little and attack for a second or two. You need only a fraction of that time to attack and then save your own life. One of the best ways of diverting the attention is by throwing any object that you may have down at your feet.

ILLUS A



The most available supply of small items that you could throw at your opponent can be found in your pocket. So, decide the best way of diverting attention and then do it. If there is not a way worth risking, then wait for your opportunity. To have your money demanded from your pocket is of course an ideal opportunity to find an object to throw. Be clever, outwit the thug. A classic case that was told of during a would-be clever thief's one which involved a gentleman whose honesty is unquestionable. He was held by a thief, the thief pulled a knife by a heavily built man while walking home one evening. When asked to hand over all his money, the man wriggled his hand for a method of escape but there was none. So he gave his money. Five minutes later, the man again found himself having pocketed the money of the thief, it was a long time before any of them realised that cannot be. The man looked at his hand while pulling out a pocket full of money. He realised that his fingers had begun making strange noises in his throat. It worked! Had he not have a different set of hands, this thief would have been an enemy for his life. Later it cost him more than a dollar, so to save his chances, he saved him over \$500.00 and possible injury.

It can be learned from this, that to fight is not always the only action open to one who is attacked. If a criminal has his place, learn our five especially prepared Dyma moves, but always remember, use your face as well as your body when outweighed by the odds of a knife or gun.

To return then to our attack with a knife, divert the attention in one of the following ways. Jump, yell, point or throw a small object. With a semi-circular kick (which will keep your body out of range). See Illustration R, smash hand or arm with shoe. Quickly follow with full brow kicks to the lower part of the body and legs. No manner give pursuit with badly bruised legs.

In conclusion, these following points must be stressed. Only attempt a defence against a knife or gun if the only alternative to self defence would be serious or fatal injury. Do not attempt to grapple with a knife or knife arm. Keep your head and upper body as far away from the weapon as possible. Where there is space, always lean out of the way of a attack and adopt the kick knee method of defence. Always try to keep calm. It is impossible to attain a high degree of fighting ability without conscientious practice. Follow all the steps religiously and do not attempt to run before you can walk.

The first thing you must do is to control your hands while raising the general standards of your self defence and stress with your hands for the next six. It would then be of great advantage to you, if you are able to follow the various movements of the source. Even if it means that you must confide in him and let him in on your secret.

Speed up your body and your Dyma defence moves are second nature and can be performed in a split second. Remember, the faster the move, the greater the element of surprise. But remember, also that surprise is quick to fade.

Finally, remember that after you have mastered the five Dyma Karate moves, it's a BIG stick. Carry it softly and best of luck!



THE FANTASTIC BACK
OF MR. UNIVERSE
PAUL WYSTER

.....

The next Hercules Lesson will be devoted to further size increase of your bodybulk. We are also going to include a complete watch-outting plan for those of you who are carrying an abdominal problem. This advice is invaluable even to those who presently have no aches, because Lesson #14 will give you the secrets of "wasting" a firm waistline for the rest of your life. Join next week's **TRAIN HARD**!

THE KATA'S SUPER-POWER BODY

1. Head

2. Neck

3. Shoulder

4. Elbow

5. Wrist

6. Hip

7. Knee

8. Ankle

9. Foot

10. Hand

11. Chest

12. Back

13. Stomach

14. Pelvis

15. Thigh

16. Leg

17. Foot

18. Head

19. Neck

20. Shoulder

21. Elbow

22. Wrist

23. Hip

24. Knee

25. Ankle

26. Foot

27. Hand

28. Chest

29. Back

30. Stomach

31. Pelvis

32. Thigh

33. Leg

34. Foot

35. Head

36. Neck

37. Shoulder

38. Elbow

39. Wrist

40. Hip

41. Knee

42. Ankle

43. Foot

44. Hand

45. Chest

46. Back

47. Stomach

48. Pelvis

49. Thigh

50. Leg

51. Foot

52. Head

53. Neck

54. Shoulder

55. Elbow

56. Wrist

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81. Stomach

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98. Stomach

99. Pelvis

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106. Elbow

107. Wrist

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113. Chest

114. Back

115. Stomach

116. Pelvis

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142. Hip

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144. Ankle

145. Foot

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147. Chest

148. Back

149. Stomach

150. Pelvis

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156. Shoulder

157. Elbow

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265. Hand

266. Chest

267. Back

268. Stomach

269. Pelvis

270. Thigh

271. Leg

272. Foot

273. Head

274. Neck

275. Shoulder

276. Elbow

277. Wrist

278. Hip

279. Knee

280. Ankle

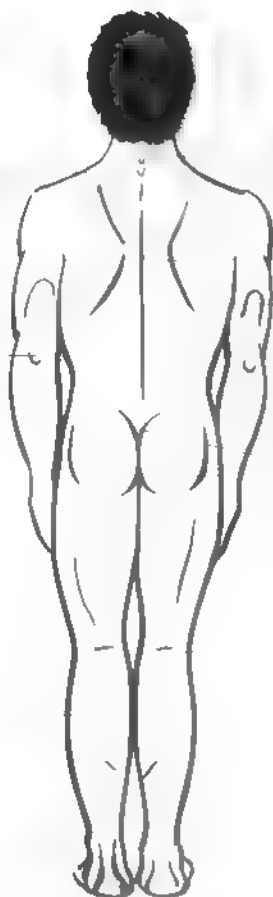
281. Foot

282. Hand

Figure 1

Figure 2

Figure 3



HERCULES II

(Apollo - Power - One)



lesson

5

LESSON FIVE

By now you should really be on your way to getting stronger and more massively developed. Here are a few questions that fellows have forwarded to this office from time to time. The answers are provided by us.

Q. What happens when I quit? Will I turn to fat or die young?

A. It is ridiculous. May seem this is an age old question which crops up from time to time. Our answer is that you will not turn to fat. You will certainly not die. But realistically, the only fat which is stored is the fat which is not used. The fact is that you are already expending far more energy than you are taking in. You are already well into the weight which you need to maintain. But you have never known anyone to COMPLAIN about losing fat. For skinny fellows, it is a different story. In all training, of course if you consistently overeat, it is a good thing to gain weight. But if you are already a lean fellow, then you may naturally gain weight in the form of fat. The answer is that it is a matter of your eating habits. As for dying young, there is every indication that a fellow who quits will not alter the benefits which a planned system of exercise and nutrition is going to give him.

Q. Can one be too old for exercise?

A. Provided you are in normal health, one is never too old to exercise. Naturally, if you are really pushing the years, then you will expect to feel like a young man. Generally speaking, every normal person regardless of age can benefit enormously from sensible exercise.

Q. What is the maximum weight gain a normal fellow can make each day?

A. Actually, we have known one man who could easily gain up to eight pounds a day. But we adjust this to a practical basis. We feel that if a student follows our recommendations to the letter, he should gain 5 or 6 pounds a week. Even the gaining of a pound a day will show up to less. Remember, a gain of a pound a day leads to an overall bodyweight gain of 365 pounds a year. A net weight gain of just one pound a week or giving you have 50 pounds that you gain a year. The major thing to make sure that you are actually gaining. If your weight is not going up, that means, yes, it is as simple as that.

Q. What are the benefits of vigorous exercise on a normal man?

A. A person who follows a program of physical exercise feels better, enjoys more weight and endurance. Changes are going to be stronger, your cardiovascular system is going to be better, your body is going to be sexier. As you increase with the graded system, you will see more sexual desire, sex life. Most important, you will know where the fact that a fellow who is really healthy looks like GOD. Maybe TERRIFIC! Don't let anyone knock healthy exercise.

This Week's Schedule

Your schedule for this week is identical to that of the previous two weeks. The only difference is you will perform each exercise **five** times each week, rather than **three**.



1



2



3



6



7



8

Even though the repetitions are the same as last week, you will perform each exercise **five** times each week. By doing this you will be able to build up your muscles and keep your energy high.



Was there ever a Physique like Steve Reeves. He did not look like a conventional man, he was a hero. However, even though he was not perfect, the Hercules of the 1950s, we are still using his photograph as the symbol of the physical perfection of the 1950s.



As we mentioned last week in Lesson No. 4, we are going to tell you in on a the relevant facts about losing weight.

1. Anyone in normal health can lose weight.
2. Losing weight is a matter of eating less than your body is expending for.
3. Weight loss can be accelerated by the regular performance of physical exercise.

If you are overweight, the first thing to decide is just how much weight you would like to lose. 10 pounds? 20 pounds? 30 pounds? Or do you just have a little excess fat around your waist? Decide now, because you are not going to stop trying until you have lost every ounce of fat from your body. We do not recommend that you take the trouble to count calories. What we suggest is that you get serious about reducing your food intake from what it was. If there is any question about your diet, you should discuss your doctor. The fact is always a good idea to see your physician for a physical check-up before undergoing any diet. We advise that you consider taking extra vitamins (One a Day Plus) with any diet. They will not make you harmful, you will at least ensure that you are not deficient in any vitamin.

So, begin with weight yourself. Then write down on paper exactly what you eat and how often you eat now. Put down on weight. All these articles, like the others, are in the system already at the time you get the first thing. For example, for the first week you should eat three or four pounds of vegetables a day, and for the second week you should eat five or six pounds of vegetables a day. For the third week you should eat seven or eight pounds of vegetables a day. For the fourth week you should eat nine or ten pounds of vegetables a day. For the fifth week you should eat eleven or twelve pounds of vegetables a day. For the sixth week you should eat thirteen or fourteen pounds of vegetables a day. For the seventh week you should eat fifteen or sixteen pounds of vegetables a day. For the eighth week you should eat seventeen or eighteen pounds of vegetables a day. For the ninth week you should eat nineteen or twenty pounds of vegetables a day. For the tenth week you should eat twenty-one or twenty-two pounds of vegetables a day. For the eleventh week you should eat twenty-three or twenty-four pounds of vegetables a day. For the twelfth week you should eat twenty-five or twenty-six pounds of vegetables a day. For the thirteenth week you should eat twenty-seven or twenty-eight pounds of vegetables a day. For the fourteenth week you should eat twenty-nine or thirty pounds of vegetables a day. For the fifteenth week you should eat thirty-one or thirty-two pounds of vegetables a day. For the sixteenth week you should eat thirty-three or thirty-four pounds of vegetables a day. For the seventeenth week you should eat thirty-five or thirty-six pounds of vegetables a day. For the eighteenth week you should eat thirty-seven or thirty-eight pounds of vegetables a day. For the nineteenth week you should eat thirty-nine or forty pounds of vegetables a day. For the twentieth week you should eat forty-one or forty-two pounds of vegetables a day. For the twenty-first week you should eat forty-three or forty-four pounds of vegetables a day. For the twenty-second week you should eat forty-five or forty-six pounds of vegetables a day. For the twenty-third week you should eat forty-seven or forty-eight pounds of vegetables a day. For the twenty-fourth week you should eat forty-nine or fifty pounds of vegetables a day. For the twenty-fifth week you should eat fifty-one or fifty-two pounds of vegetables a day. For the twenty-sixth week you should eat fifty-three or fifty-four pounds of vegetables a day. For the twenty-seventh week you should eat fifty-five or fifty-six pounds of vegetables a day. For the twenty-eighth week you should eat fifty-seven or fifty-eight pounds of vegetables a day. For the twenty-ninth week you should eat fifty-nine or sixty pounds of vegetables a day. For the thirtieth week you should eat sixty-one or sixty-two pounds of vegetables a day. For the thirty-first week you should eat sixty-three or sixty-four pounds of vegetables a day. For the thirty-second week you should eat sixty-five or sixty-six pounds of vegetables a day. For the thirty-third week you should eat sixty-seven or sixty-eight pounds of vegetables a day. For the thirty-fourth week you should eat sixty-nine or seventy pounds of vegetables a day. For the thirty-fifth week you should eat seventy-one or seventy-two pounds of vegetables a day. For the thirty-sixth week you should eat seventy-three or seventy-four pounds of vegetables a day. For the thirty-seventh week you should eat seventy-five or seventy-six pounds of vegetables a day. For the thirty-eighth week you should eat seventy-seven or seventy-eight pounds of vegetables a day. For the thirty-ninth week you should eat seventy-nine or eighty pounds of vegetables a day. For the fortieth week you should eat eighty-one or eighty-two pounds of vegetables a day. For the forty-first week you should eat eighty-three or eighty-four pounds of vegetables a day. For the forty-second week you should eat eighty-five or eighty-six pounds of vegetables a day. For the forty-third week you should eat eighty-seven or eighty-eight pounds of vegetables a day. For the forty-fourth week you should eat eighty-nine or ninety pounds of vegetables a day. For the forty-fifth week you should eat ninety-one or ninety-two pounds of vegetables a day. For the forty-sixth week you should eat ninety-three or ninety-four pounds of vegetables a day. For the forty-seventh week you should eat ninety-five or ninety-six pounds of vegetables a day. For the forty-eighth week you should eat ninety-seven or ninety-eight pounds of vegetables a day. For the forty-ninth week you should eat ninety-nine or one hundred pounds of vegetables a day. For the fiftieth week you should eat one hundred one or one hundred two pounds of vegetables a day. For the fifty-first week you should eat one hundred three or one hundred four pounds of vegetables a day. For the fifty-second week you should eat one hundred five or one hundred six pounds of vegetables a day. For the fifty-third week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the fifty-fourth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the fifty-fifth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the fifty-sixth week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the fifty-seventh week you should eat one hundred fifteen or one hundred sixteen pounds of vegetables a day. For the fifty-eighth week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the fifty-ninth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the sixtieth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the sixty-first week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the sixty-second week you should eat one hundred five or one hundred six pounds of vegetables a day. For the sixty-third week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the sixty-fourth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the sixty-fifth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the sixty-sixth week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the sixty-seventh week you should eat one hundred five or one hundred six pounds of vegetables a day. For the sixty-eighth week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the sixty-ninth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the seventieth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the seventy-first week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the seventy-second week you should eat one hundred five or one hundred six pounds of vegetables a day. For the seventy-third week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the seventy-fourth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the seventy-fifth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the seventy-sixth week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the seventy-seventh week you should eat one hundred five or one hundred six pounds of vegetables a day. For the seventy-eighth week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the seventy-ninth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the eightieth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the eighty-first week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the eighty-second week you should eat one hundred five or one hundred six pounds of vegetables a day. For the eighty-third week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the eighty-fourth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the eighty-fifth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the eighty-sixth week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the eighty-seventh week you should eat one hundred five or one hundred six pounds of vegetables a day. For the eighty-eighth week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the eighty-ninth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the ninetieth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the ninety-first week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the ninety-second week you should eat one hundred five or one hundred six pounds of vegetables a day. For the ninety-third week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the ninety-fourth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the ninety-fifth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day. For the ninety-sixth week you should eat one hundred thirteen or one hundred fourteen pounds of vegetables a day. For the ninety-seventh week you should eat one hundred five or one hundred six pounds of vegetables a day. For the ninety-eighth week you should eat one hundred seven or one hundred eight pounds of vegetables a day. For the ninety-ninth week you should eat one hundred nine or one hundred ten pounds of vegetables a day. For the one hundredth week you should eat one hundred eleven or one hundred twelve pounds of vegetables a day.

Exercise is important when trying to reduce because it does three things:

1. It helps firm up and tone your muscles.
2. It gives you energy when dieting without exercise does not do.
3. It helps loose skin tighten up around your body.

Don't be fooled by the 10 different ads you see for reducing fat on the web. There are 10 secret pills which can safely take off fatty tissue. There are 10 special fat-burning foods or Miracle Diets. Attack the problem sensibly: simply exercise regularly and reduce those fattening foods a little more each week. Keep an eye on your progress by weighing yourself from time to time as simple as that. We do want to help you, but it's an impossible task to recommend every calorie you must. We simply want you to reduce the fattening meals and snacks you have eaten. Consume more or high-protein foods and regular healthy exercise.

Here are a Few Tips for This Person We Want to Lose Weight

1. Don't oversleep. Eight hours is about enough.
2. Keep on the move, especially after meals.
Walk regularly.
4. Don't worry about hunger pains. They are usually a sign that you are not getting enough food intake. They will go away (and so will your flab).
5. Be realistic about what you eat. Don't take a snack or carbohydrate that is entirely verboten on a strict diet.
6. Gradually eat down your daily calorie intake each week.
Take care over your posture. Walk and stand erect.
8. Don't expect miraculous results.
9. You are exercising. Keep going every week. Loss will slow at first, but it will come in time.
10. Eat slowly. Cut out your liquid intake. Take a look at your diet.
11. Promise you won't become a life-depressed. It will pass.
2. Diet cola before meals can lessen your appetite.

Whereas we do not advise that you try and count every calorie, we are listing some foods and the calorie content to give you an idea of which foods to avoid. Remember, the fewer calories you eat, the more flabby weight you will lose.

Next week we talk about hair health. Whether you have a tendency to lose hair or not, the advice in this next lesson (No. 6) can help you give your hair all the help possible.

We will also be giving you more muscle-building tuition which will take you to the halfway mark in this course. Included also will be the full facts about protein supplements as an aid to your bodybuilding efforts.



ROBERT NAYLOR

YOUR CALORIE COUNTER

Food Counts in Normal Portions (as calculated by the U.S. Department of Agriculture)

Values for Cooked Vegetables are Without Added Fat

MILK AND MILK PRODUCTS:

Buttermilk, from skimmed milk, 1 cup	85
Milk, cow	
Fluid, whole, 1 cup	165
Fluid nonfat (skimmed), 1 cup	85
Evaporated (undiluted), 1 cup	345
Condensed (undiluted), 1 cup	980
Dry, whole, 1 tablespoon	40
Dry, nonfat solids, 1 tablespoon	30
Cheese, 1 ounce:	
Cheddar (1 in. cube)	115
Cheddar, processed	105
Cheese foods, Cheddar	90
Cottage, from skimmed milk	25
Cream	105
Swiss	105
Cream 1 tablespoon:	
Light	30
Heavy	50
Beverages, 1 cup	
Chocolate (all milk)	240
Cocoa (all milk)	235
Chocolate flavored milk	185
Malted milk	280

Desserts

Blanc mange, 1 cup	275
Custard, baked, 1 cup	285
Custard pudding, canned, strained, (infant food), 1 ounce	30
Ice cream, plain	
1/7 of quart brick	165
8 fluid ounces	295

FATS, OILS, RELATED PRODUCTS.

Bacon, medium fat, broiled or fried, 2 slices	95
Butter, 1 tablespoon	100
Fats, cooking (vegetable fats)	
1 cup	1770
1 tablespoon	110
Lard, 1 tablespoon	125
Margarine, 1 tablespoon	100
Oils, salad or cooking, 1 tablespoon	125
Salad dressings, 1 tablespoon.	
French	80
Home-cooked	30
Mayonnaise	90

EGGS:**Eggs, raw, medium:**

1 whole	75
1 white	15
1 yolk	60
Eggs, dried, whole, 1 cup	640

MEAT, POULTRY, FISH

Beef, 3 ounces, without bone, cooked:	
Chuck	285
Hamburger	315
Sirloin	255
Beef, canned	
Corned beef, medium fat, 3 ounces	180
Corned beef hash, 3 ounces	120
Strained (infant food), 1 ounce	30
Beef, dried, 2 ounces	115
Beef and vegetable stew, 1 cup	250
Chicken, canned, boned, 3 ounces	170
Chili con carne, canned (without beans) 1/3	170
Clams, raw, meat only, 4 ounces	90
Cod, dried, 1 ounce	105
Crab meat, canned or cooked, 3 ounces	90
Flounder, raw, 4 ounces	80
Haddock, fried, 1 fillet (4 x 3 x 1/2 in.)	160
Halibut, broiled, 1 steak (4 x 3 x 1/2 in.)	230
Heart, beef, raw, 3 ounces	90
Kidneys, beef, raw, 3 ounces	120
Lamb, leg roast, cooked, 3 ounces	230
Lamb, canned, strained (infant food), 1 ounce	30
Liver, beef, fried, 2 ounces	120
Liver, canned, strained (infant food) 1 ounce	30
Mackerel, canned, solids and liquid, 3 ounces	155
Oysters, meat only, raw, 1 cup (13-19 medium size oysters, selects)	200
Oyster stew, 1 cup with 6-8 oysters	245

Pork loin or chops, cooked 3 ounces without bone	285
Pork, cured ham, cooked, 3 ounces without bone	340
Pork luncheon meat, canned, spiced 2 ounces	165
Salmon, canned, pink, 3 ounces	120
Sardines, canned in oil, drained solids, 3 ounces	180
Sausage	
Bologna, 1 piece (1 x 1½ in. diam.)	465
Frankfurter, 1 cooked	125
Pork, bulk, canned, 4 ounces	340
Scallops, raw, 4 ounces	90
Shad, raw, 4 ounces	190
Shrimp, canned, meat only, 3 ounces	110
Soups, canned, ready to serve	
Beef, 1 cup	100
Chicken, 1 cup	75
Chicken, strained (infant food), 1 ounce	15
Clam chowder, 1 cup	85
Tongue, beef, raw, 4 ounces	235
Tuna fish, drained solids, 3 ounces	170
Veal cutlet, cooked, 3 ounces without bone	185

MATURE BEANS AND PEAS, NUTS

Almonds, shelled, unblanched, 1 cup	850
Beans, canned or cooked, 1 cup	
Red Kidney	230
Navy or other varieties with	
Pork and tomato sauce	295
Pork and molasses	325
Beans, lima, dry, 1 cup	610

Brazil nuts, shelled, 1 cup	906
Coconut, dried shredded (sweetened), 1 cup	345
Cowpeas, dry, 1 cup	685
Peanuts, roasted, shelled, 1 cup	805
Peanut butter, 1 tablespoon	90
Peas, split, dry, 1 cup	690
Pecans, 1 cup, halves	750
Soybeans, dry, 1 cup	695
Walnuts, English, 1 cup, halves	655

VEGETABLES.

Asparagus.

Cooked, 1 cup spears	35
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Canned, green, 6 spears, medium size	20
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Canned, bleached, 6 spears, medium size	20
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Beans, lima, immature, cooked, 1 cup	150
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Beans, snap, green, cooked, 1 cup	25
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Beets, cooked, diced, 1 cup	70
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Broccoli, cooked, flower stalks, 1 cup	45
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Brussels sprouts, cooked, 1 cup	60
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Cabbage, 1 cup

Raw, shredded	25
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Cooked	40
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Carrots.

Raw, grated, 1 cup	45
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Cooked, diced, 1 cup	45
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Canned, strained (infant food), 1 oz.	10
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Cauliflower, cooked, flower buds, 1 cup	30
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Celery 1 cup	
Raw, diced	20
Cooked, diced	25
Collards, cooked, 1 cup	75
Corn, sweet	
Cooked, 1 ear (5 in. long)	85
Canned, solids and liquid, 1 cup	170
Cowpeas, immature seed, cooked, 1 cup	150
Cucumbers, raw, 6 slices (1/8 in. thick, center section)	5
Dandelion greens, cooked, 1 cup	80
Endive, raw, 1 pound	90
Kale, cooked, 1 cup	46
Lettuce, head, raw 2 large or 4 small leaves	5
Mushrooms, canned, solids and liquid, 1 cup	30
Mustard greens, cooked, 1 cup	30
Okra, cooked, 8 pods (3 in. long, 5/8 in. diam.)	30
Onion, raw	
Mature, 1 onion (2½ in. diam.)	50
Young green, 6 small onions without tops	25
Parsnips, cooked, 1 cup	95
Peas, green	
Cooked, 1 cup	110
Canned, strained (infant food), 1 ounce	15
Peppers, green, raw, 1 medium	15
Potatoes	
Baked, 1 medium (2½ in. diam.)	95
Boiled in skin, 1 medium (2½ in. diam.)	120
Boiled, after peeling, 1 medium (2½ in. diam.)	106
French fried, 8 pieces (2 x ½ x ¼ in.)	155
Potato Chips, 10 medium (2 in. diam.)	110

Pumpkin, canned, 1 cup	75
Radishes, raw, 4 small	5
Rutabagas, cooked, cubed or sliced, 1 cup	50
Soybean sprouts, raw, 1 cup	50
Spinach	
Cooked, 1 cup	45
Canned, strained (infant food), 1 ounce	5
Squash	
Summer, cooked, diced, 1 cup	35
Winter, baked, mashed, 1 cup	95
Winter, canned, strained (infant food), 1 ounce	10
Sweet potatoes, peeled, 1 sweet potato	
Baked (5 x 2 in.)	185
Boiled (5 x 2½ in.)	250
Tomatoes	
Raw, 1 medium (about 2½ in. diam.)	30
Canned or Cooked, 1 cup	45
Tomato juice, canned, 1 cup	50
Turnips, cooked, diced, 1 cup	40
Turnips, cooked, 1 cup	45
Vegetables, mixed, canned, strained (infant food), 1 ounce	10

FRUITS

Apples, raw, 1 medium (2½ in. diam.)	75
Apple juice, fresh or canned, 1 cup	125
Apple butter, 1 cup	345
Applesauce, canned, sweetened, 1 cup	185
Apricots	
Raw, 3 apricots	55
Canned in syrup, 4 medium halves & 3 tablespoons syrup	95

Apricots (cont'd)	
Canned strained (infant food) 1 ounce	15
Dried, cooked unsweetened fruit & liquid, 1 cup	240
Avocados raw & peeled fruit (3½ x 3¼ in.)	280
Bananas, raw, 1 medium (6 x 1½ in.)	90
Blackberries, raw, 1 cup	80
Blueberries, raw, 1 cup	85
Cantaloupes, raw, ½ melon (5 in. diam.)	35
Cherries, 1 cup, pitted	
Raw	65
Canned, red, sour	120
Cranberry sauce sweetened 1 cup	550
Dates 'fresh' and dried pitted and cut, 1 cup	505
Figs, raw, 3 small (1½ in. diam.)	90
Figs, dried, 1 large (2 x 1 in.)	65
Fruit cocktail/ canned solids and liquid 1 cup	180
Grapefruit, raw, 1 cup sections	75
Grapefruit juice	
Canned, unsweetened, 1 cup	90
Frozen concentrate, 6 ounce can	295
Grapes, 1 cup	
American type (slip skin)	85
European type (adherent skin)	100
Grape juice, bottled, 1 cup	170
Lemon juice, fresh, 1 cup	60
Lime juice, fresh, 1 cup	60
Oranges, 1 medium (3 in. diam.)	70
Orange juice	
Fresh, 1 cup	110
Canned, unsweetened, 1 cup	110
Frozen concentrate, 6 ounce can	300

Papayas, raw, cubed, 1 cup	70
Peaches	
Raw, 1 medium (2½ x 2 in. diam.)	45
Canned, strained (infant food), 1 ounce	15
Canned, in syrup, solids and liquid, 1 cup	175
Dried cooked unsweetened 1 cup (10–12 halves and 6 tablespoons liquid)	225
Pears	
Raw, 1 pear (3 x 2½ in. diam.)	95
Canned, in syrup, 2 medium size halves and 2 tablespoons syrup	80
Canned, strained (infant food), 1 ounce	15
Persimmons, Japanese, raw, seedless kind, 1 persimmon (2½ in. diam.)	■
Pineapple:	
Raw, diced, 1 cup	75
Canned, in syrup, 2 small or 1 large slice and 2 tablespoons juice	95
Pineapple juice, canned, 1 cup	120
Plums, raw, 1 plum (2 in. diam.)	30
Prunes, cooked, unsweetened, 1 cup (16–18 prunes and 1/3 cup liquid)	310
Prune juice, canned, 1 cup	170
Raisins, dried, 1 cup	430
Raspberries, red, raw, 1 cup	70
Rhubarb, cooked with sugar, 1 cup	385
Strawberries	
Raw, 1 cup	55
Frozen, 3 ounces	90
Tangerines, 1 medium (2½ in. diam.)	35
Tangerine juice, canned, 1 cup	95
Watermelons, ½ slice (3/4 x 10 in.)	45

GRAIN PRODUCTS.

Barley, pearled, light, dry, 1 cup	710
Biscuits, baking powder, enriched flour, 1 biscuit (2½ in. diam.)	130
Bran Flakes, 1 cup	115
Breads, 1 slice	
Boston brown, unenriched	105
Rye	55
White unenriched 4 per cent nonfat milk solids	65
White enriched 4 per cent nonfat milk solids	65
White enriched 6 per cent nonfat milk solids	65
Whole Wheat	55
Cakes	
Angel food 1 in. sector (1/12 of cake 8 in. diam.)	110
Doughnuts, cake type, 1 doughnut	135
Foundation, 1 square (3 x 2 x 1½ in.)	230
Foundation, plain icing, 2 in. sector, layer cake (1/16 of cake, 10 in. diam.)	410
Fruit cake, dark, 1 piece (2 x 2 x ½ in.)	105
Gingerbread, 1 piece (1 x 2 x 2 in.)	180
Plain cake and cupcakes 1 cupcake 2 x in. diam.	130
Sponge, 2 in. sector (1/12 of cake, 8 in. diam.)	115
Cereal foods, dry, precooked (infant food) 1 ounce	105
Cookies, plain and assorted, 1, 3 in. cookie	110
Corn bread or muffins made with enriched, degermed corn meal, 1 muffin (2½ in. diam.)	105
Corn Flakes, 1 cup	95
Corn Grits, degenerated, cooked, 1 cup.	
Unenriched	120
Enriched	120

Crackers	
Graham, 4 small or 2 medium	55
Soda, plain, 2 crackers (2½ in. diam.)	45
Farina, enriched, cooked, 1 cup	105
Macaroni, cooked, 1 cup:	
Unenriched	210
Enriched	210
Muffins, made with enriched flour, 1 muffin 2½ in. diam.	135
Noodles, containing egg, unenriched, cooked, 1 cup	105
Oatmeal or rolled oats	
Cooked, 1 cup	150
Precooked (infant food), dry, 1 oz	105
Pancakes, baked wheat, with enriched flour 1 cake (4 in. diam.)	60
Pies, 4 inch sector (9 in. diam.)	
Apple	330
Custard	265
Lemon meringue	300
Mince	340
Pumpkin	265
Pretzels, 5 small sticks	20
Rice, cooked, 1 cup	
Converted	205
White or milled	200
Rice, puffed, 1 cup	55
Rolls plain, enriched, 1 roll (12 per pound)	120
Spaghetti, unenriched, cooked, 1 cup	220
Waffles, baked, with enriched flour, 1 waffle (4¼ x 5 5/8 x ½ in.)	215

Wheat flours	
Whole, 1 cup stirred	400
All purpose or family flour	
Unenriched, 1 cup sifted	400
Enriched, 1 cup sifted	400
Wheat germ, 1 cup stirred	245
Wheat, shredded, 1 large biscuit, 1 oz.	100

SUGARS, SWEETS

Candy, 1 ounce	
Caramels	120
Chocolate, sweetened, milk	145
Fudge, plain	115
Hard	110
Marshmallows	90
Chocolate syrup, 1 tablespoon	40
Honey, strained or extracted, 1 tablespoon	60
Jams, marmalades, preserves, 1 tablespoon	55
Molasses, cane, 1 tablespoon	
Light	50
Blackstrap	45
Syrup, table blends, 1 tablespoon	55
Sugar, 1 tablespoon	
Granulated, cane or beet	50
Brown	50

MISCELLANEOUS

Beverages, carbonated, cola type, 1 cup	105
Bouillon cubes, 1 cube	2
Chocolate, unsweetened, 1 ounce	140
Gelatin dessert, plain, ready-to-serve, 1 cup	155

Olives, pickled "mammoth" size, 10 olives.	
Green	70
Ripe Mission variety	105
Pickles	
Dill cucumber, 1 large (4 in. long)	15
Sweet cucumber or mixed, 1 pickle (2 1/4 in. long)	20
Sherbet, 1/2 cup	120
Vinegar, 1 tablespoon	2
White sauce, medium, 1 cup	430
Yeast	
Compressed baker's, 1 ounce	25
Dried brewer's, 1 tablespoon	20



HERCULES II

(Apollo - Power - One)



lesson **6**

LESSON SIX

Tris is the halfway mark. You should now start to accelerate the pace at which you workout. (be careful speaking, the more training you can do in a short space of time the more you must sweat & grow. Most of the time you will find your three a week workouts take about 15 minutes. If they are taking much longer then you are training too slowly. Speed up!)

This week we will add just one exercise

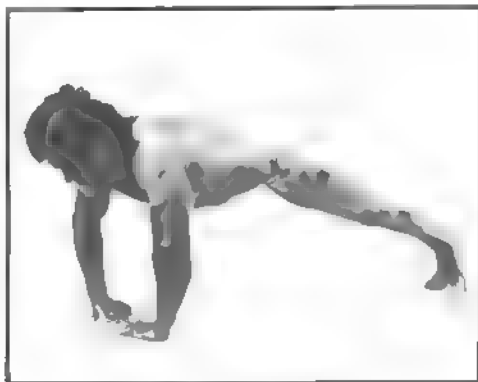
Next week your WHOLE TRAINING SCHEDULE CHANGES. Next week you will start the HERCULES SUPER PUMPING SYSTEM! Meanwhile, your additional exercise for this week is:

The Tricep Extension

3 x 6

• (arms)

Busca



1. Assume the position shown in illustration (a). Now lower your body until your arms extend at your fore arms with hands about two inches apart.
2. From this position simply straighten your arms, lifting your body as though you were doing a regular pushup.
3. Return to the original position, continuing for 6 reps.

Your complete schedule for this week will be:



1. **Wide Toe Touching**
2 x 10



2. **Jack-knife Downs** 4 x 10



3. **Seated Grip Cross Pushups** 4 x 8



4. **Sixty Situp** 4 x 18



5. **Mercurial Chair Downs** 4 x 5



6. **Side Biceps** 4 x 5



7. **Doorway Push** 3 x 6



8. **Seated Alternate Leg Kicking**
3 x 15



9. **Triceps Extensions** 3 x 6

HOW TO CARE FOR YOUR HAIR

Hair, hair, hair. So, you're balding? Hurt's doesn't it? But even if you're not losing hair, it's a good idea to look after your scalp so that you can do all that is possible to prevent excessive hair loss.

First of all, we want you to understand that baldness is mainly hereditary. If your father or mother began losing their hair, then your chances are that you, too, will start thinning at a comparatively early age. In a few cases this process might be appreciably slowed, but it is absolutely certain that, as a result of the activity of cells, the hair can be cared for in a way that the hair loss is essentially prevented. That the hair is lost in thousands of individuals who have no lower general hair health is a fact which we are strongly interested in. A hair loss and have maintained full heads of rich hair into old age.

There are many balms and potions that are sold through shops, stalls, stores and through advertisement in the press and magazines, but none work. Giving new hair is as simple as that.

Here are the facts. Hair research has been carried out now for decades. The following steps for a superior hairier and thicker head of hair have been formulated from all the knowledge we have gained in our research laboratories, hospitals and university research connections. Problems of falling and receding hair from all parts of the world. At the time of writing this, carrying out these simple steps is the only positive action we believe that can be taken by you to arrest falling hair. There is no perfect, firm and guaranteed treatment that can give you a full head of hair. If you are completely unaware of the conventional matter of baldness common to men. We might add here that hair transplanting like heart transplanting is in infancy and as yet is not wholly satisfactory. However, great progress in this field is anticipated in the next decade or so. Usually the hair used to transplant is taken from behind the ears or the nape of the neck, places where hair is nearly always abundant. Wherever the treatment is not painful to any extent and can be done at the rate of 25 to 100 new transplants at one time, it is extremely expensive. But sometimes money is no object to a man who needs to treat baldness.

Let's not waste time talking. Here are the things you can do! Set down in as simple a way as we know how.

STEP ONE

Hygiene

Wash your hair every other day if you live in a city. Twice a week if you live in the country. A tremendous amount of premature baldness is caused through minute particles of dirt which block up air to the scalp. Cause an early demise. In fact the head is usually the dirtiest part of the body. If you want thick hair, you must be the cleanest. Use a good shampoo (mild) and use thoroughly after each washing. If you have a rash or blemishes on the scalp, see a dermatologist, because washing can often worsen the condition.

STEP EIGHT

Brush the hair daily. **B** a hairdresser should cut it every two to three weeks at the very
least. **B** your hair is more beautiful when it is cut in the right style. **B** hair is
pressure continually as the body is in motion. The pressure of the hair is
forward, backward, sideways etc. and works on the scalp and the hair
in various fashion. **B** styling works like a tight band on the scalp and the hair
to keep it tight and stiff. **B** hair is not
to keep it soft and wavy. **B** hair is not
to keep it soft and wavy. **B** hair is not

■ a good sign. It shows that the roots have been stimulated

STEP NINE

[illegible]

STEP TEN

[illegible]

STEP F, EVEN

Supplement can ensure adequate supply

STEP TWELVE

[illegible]

STEP THIRTEEN

Have a check up with your dentist. Bad teeth can adversely affect the hair by indirectly poisoning the scalp.

STEP FOURTEEN

Stress can be one of the most devastating 'killers' of hair. Try not to worry unduly. Remember, worry itself solves nothing. If you find that your job is giving you a draining feeling inside, then try and seek another approach. Apart from saving yourself from getting an ulcer, your hair will be less likely to fall out! Worry in some people can cause almost overnight hair loss.

STEP FIFTEEN

Hair is made of protein. Ensure that you are getting adequate supplies. Good protein foods include: Fish, Poultry, Nuts, Cheese, Milk, Meat, Soya Beans and Eggs. For those who prefer it, there are numerous protein supplements on the market, in powder or tablet form. These are obtainable at drug stores and chemists.

Protein is not fattening. Get plenty of it!

STEP SIXTEEN

Make a point of really breathing in fresh air when you are out of doors. Few people do this, though we all claim to. Walk one week in a shelter. Adopt it as a matter of habit. The more air you take in, the healthier your scalp and hair become, and often supplies dwindle by the time this ingredient reaches the scalp via the blood.

STEP SEVENTEEN

A specific treatment used by many stage, screen and T.V. personalities. This is a treatment to be carried out once or twice a month only.

Heat some castor oil to a temperature that is comfortable yet sticky to the skin. If you scalp, Rub it in. If you don't scalp, then apply hot damp towels around the entire head, starting from the crown of the scalp and hair. Continue this hot oil treatment for ten minutes and allow the oil to remain on the hair for at least twenty minutes. Then remove with a vigorous shampoo. Remember to use hot enough oil to remove all dirt, grease and dandruff which has been loosened by the hot oil treatment.

STEP EIGHTEEN

To have healthy, shiny hair, one should make a point of getting every dead hair out of your head every day. When one allows dead hair to remain in the head one starts scalp problems. New hair finds it difficult to come out when it is blocked by dead hair. Many people who are having trouble from growing dead hair think that they are doing the bathing process. Nothing could be further from the truth. Don't forget to shampoo and massage vigorously after you have once got your scalp used to vigorous brushing. This loosens dead hairs and in their place grow strong new hairs. By getting rid of dead hair, you help to ensure a strong growth. One of the greatest fears of a balding person is that he or she is afraid to brush the head for fear of losing more hair. Naturally at first you will take it easy, but within a week you should be brushing your hair vigorously every night.

STEP NINETEEN

Not a nice hair care procedure, but certainly an important aspect of head hair appearance is the way you hair is cut and styled. Make a few enquiries in your area and perhaps even try a little more to have your hair cut by a good barber. This is the practice of many in the acting profession whose very profession depends on their overall appearance. Clever styling can make all the difference. For those who have suffered from thinning hair loss, that a barber can hardly help them, we suggest that they avoid chemicals growing a head of hair and/or using safety razors. These will tend to irritate the skin and the hair follicles. The same goes for eyebrows and hair darkeners to retard loss of the hair line.

STEP TWENTY

Combs should have blunt, smooth teeth, never use a sharp comb that can harm the scalp or hair.

STEP TWENTY ONE

Hair brushing. Make a habit of gently tugging tufts of hair all over the head. As your hair strengthens, this exercise can be increased in severity as you get used to the movement.

STEP TWENTY TWO

Rins for the shampoo. Two to three shampoos of mild shampoo should be followed by two thorough rinses in warm water, then cold water rinse to stimulate circulation. Dry the hair by hanging with warm towels if possible.

STEP TWENTY THREE

Keep your combs and brushes absolutely immaculately clean. Of all things, if one hair care item had to be singled out as the most important, it would be cleanliness of the hair and scalp. Keep clean by regular washing and rinsing. And likewise keep anything that touches the hair spotlessly clean.

A FINAL WORD

It's very easy to gloss over these hair care steps and to think to yourself that if you fully followed all advice you would not do your hair one bit of good.

Humor me on this, what it is many people feel that if they spend money for a thick head of hair, will it grow? If that hair, if they follow advice like self-massage and scalp hygiene, it may well not get anywhere.

Don't fool yourself! If there was a tribe that grew hair on bald heads, we wouldn't really have any hair peeping. Follow this advice. It's invaluable. Keep this advice with you for reference as a series of instructions can keep you young and gone looking. Keep your hair going and practice the advice in this book. Soon it can become habit and like cleaning your teeth, washing your face, or shaving, you will be practicing hair care. You will be happier, more content knowing that you are doing everything possible towards maintaining a healthy head of thick hair.

- Q. Is there any way a man or woman could get venereal diseases like gonorrhea or syphilis apart from full sexual contact?
- A. Almost without exception, gonorrhea and syphilis are acquired through sexual relations only, including contact between homosexuals.
- Q. What are the main differences between gonorrhea and syphilis and how do they effect life and health?
- A. Both are common diseases affecting millions of people yearly. Gonorrhea is the most common and is spreading like wildfire among young people. The symptoms are usually a discharge, inflammation and sometimes pain in the female. On the other hand, syphilis seldom causes a discharge and is usually characterized by a chancre or ring like sore to appear in the genitals. If you do not quickly get syphilis treated as the disease goes on, it might enter the bloodstream and form a lump again later with serious complications. Paralysis, brain damage, blindness and ultimate death are risks.
- Q. Is there anything during a woman's menstrual period harmful in any way? Could pregnancy at this time result?
- A. Sex is not harmful during this time to either partner. Pregnancy too is just as likely at that time as any other time of the month.
- Q. I just cannot make my current girlfriend reach a climax. No matter how much time we take to have making up a never seems to be beyond a certain stage of enjoyment. What do you suggest?
- A. This is a difficult experience. The woman may be unable to fully give herself to sexual pleasure for many reasons. She may have had overstimulation during a previous sexual experience, or she may be just too shy. Other reasons are her own religious backgrounds. There are also many other reasons for lack of pregnancy or physical pleasure. You must be a forgiving man. You are not to put too much on your woman. Be kind, understanding and above all, a little sensitive to her. A considerate husband who shows her recommendations and earns the security of having one's wife without having a frequent worry unless of course she has serious psychological problems which require the help of a therapist.
- Finally, studies say that your partner may just not be interested in sex with you. In fact, this is the most common complaint received by marriage counsellors. In most cases, it is the wife who does not enjoy sex. She merely goes along with it as a duty to her husband's desires.

Here's Your Four Way Plan

- 1 The husband should talk about sex with his wife. He should encourage her to read authoritative books on the subject of sexual intercourse. The books should be frank, open and written in a professional manner. This step is very important in establishing communication without which a good sexual adjustment is impossible. Your wife should be exposed to such words as penis, vagina, vulva, clitoris, masturbation, orgasm, in a professional context. After she has become accustomed to using such words, she will not think twice about using them to express her desires to her husband. This openness will serve to remove the embarrassment she has always associated with those things.
- 2 The electric vibrator is useful in aiding a woman's initial climax. A skilled refrigerator woman, who has not experienced an orgasm. Once a woman has come, she will wait for orgasm. The vibrator can help in late things, though many women will report that use of the vibrator is not satisfying. However, make no mistake about it, once an orgasm is reached about the right time use of a vibrator, more conventional penis-vagina intercourse should provide a greater surprise of bringing about a satisfying climax. Vibrators shaped like dildos are available and are more satisfying.
- 3 Have frequent intercourse. You can even surpass the recommended dosage given by most marriage counselors of three or four times a week. In fact, a daily unit of intercourse might be the best thing at this time, skipping a day only now and then. Don't worry, you will not wear out, and practice makes perfect. The more you do it, the more excited she will become to the idea of mutual sexual pleasure.
- 4 Above all, introduce variety into your sex. The love bed should never become boring or routine. Ask your wife what's best, what does she like most. Where is she most sensitive to your caress? Experimentation in lovemaking can enhance your relationship. You may be amazed at the number of ways in which you can give or receive sexual pleasure. Be generous with your patience, your understanding and your body.

Q How long should intercourse take? How long should I take over foreplay before attempting intercourse?

A Sexual intercourse can take anything from a few seconds to several hours to complete. In this sexual relations usually last from fifteen to forty minutes. How long you take depends on your need, desire, attitude and fitness. Generally speaking, an overlong sex act results in a less-satisfying experience for the wife than the husband. Men can more easily climax in a minute or two than can women.

Foreplay should be continued until your woman is well aroused and moist. Her reaction is the best indication of your foreplay. Spend anything from fifteen minutes upwards at this stimulating. Do not make too much of many men and enter your woman too early. This takes a lot of pleasure from her. Inadequate foreplay at too often results in unsatisfactory intercourse.

TEETH CARE

There are a few things in this world more attractive than cleanliness. We talk about sex, and the same is true with the mouth.

Never underestimate the importance of oral hygiene. Whereas it is true that the mouth has its own built-in cleaning system, it nevertheless is a helping hand to make sure that your teeth keep spotless, shining and free from cavities. If you want your teeth as perfect as possible, then:

1. Clean them after every meal
2. Brush your gums regularly
3. Do not eat synthetic foods.
4. Do not eat candies, cookies, white flour products, gooey treats with white sugar, etc.
5. Eat an apple a day. Raw fruit and vegetables are the best foods for your teeth.
6. See your Dentist every eight months
7. Use a fluoride toothpaste
8. Use all teeth when chewing food. Don't favor one side of the mouth. Chewing is great for healthy teeth.

Consider, for example, Steve Reeves, who does not have a single cavity in his mouth, always uses baking soda to clean his teeth. Maybe he has something?



MR. EVERYTHING STEVE REEVES. THE FINEST EXAMPLE OF PHYSICAL PERFECTION IN THE WORLD TODAY



MR. BRITAIN FRANK RICHARDS HAS THE KIND OF PHYSIQUE THAT APPEALS TO THE LAYMAN. IN THIS PICTURE HE IS COMPLETELY RELAXED.

HERCULES II

(Apollo - Power - One)



lesson **7**

lesson **8**

LESSON SEVEN

We promise! So

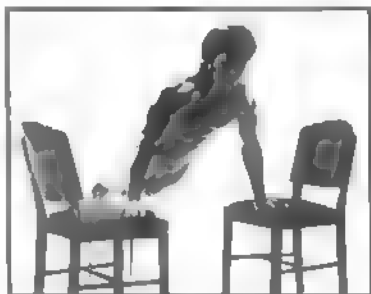
THE SECRET OF THE PUMPING ACTION! To get your muscles to pump, you need a brand new way to perform it! First your exercises, then we will explain the principle of how to pump your muscles to new growth.

EXERCISE ONE

Hercules Dip between Chairs

4 x 10

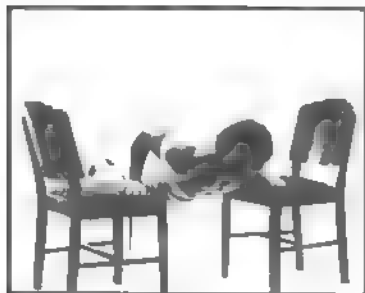
(chest, shoulders, arms)



1. The person is in a dip position between two chairs.

2. The person is in a dip position between two chairs.

3. The person is in a dip position between two chairs.



EXERCISE TWO

Reverse Chair Dips

4 x 12

Chest, arms, shoulders

Illustration (c)



- 1 Assume starting position as in illustration (c)
- 2 Commence the exercise by lowering into position (d), keeping your back and legs straight at all times
- 3 Return quickly to original position and repeat until the desired number of reps have been completed

Illustration (d)



EXERCISE THREE

Calf Raise

3 x 20

(lower legs)

- 1 Stand as illustrated in (e) placing the ball of your foot on a thick book or piece of wood
- 2 Hold onto a table or chair back for balance
- 3 Raise as high as you can by rising your heel on X
- 4 Lower until heel touches floor giving maximum stretch to the calf muscle. Raise and repeat



Illustration (e)

EXERCISE FOUR

Bouncing Squat

3 x 60

(Thighs and Hip Girdle)

- 1 Adopt the squat position shown in illustration (f) (Knees to be stretched out in front)
 - 2 Raise the body up and down approximately 8 inches. Do not come out of the squatting position completely. Just raise and lower about one inches - Up, down - up, down. Continue until thighs are thoroughly tired
- 3 x 60

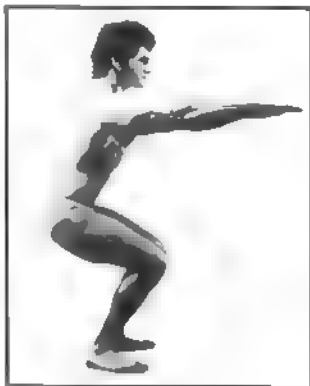


Illustration (f)

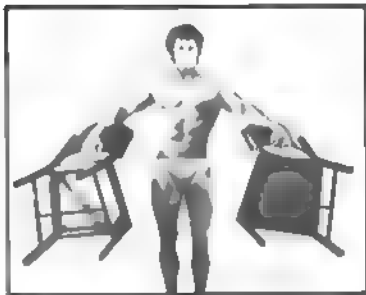
EXERCISE FIVE

Lateral Raise

3 x 10

(Shoulders, Traps and Neck)

- 1 Using two chairs, stools or heavy books raise arms slowly to the sides. The arms should follow the illustration (g)
- 2 The arms should be very slightly bent to take pressure off the elbow joint
- 3 Keep shoulders back and ensure that the chairs are lifted to the side and not forward to the front. Continue up and down until tired (3 x 10)



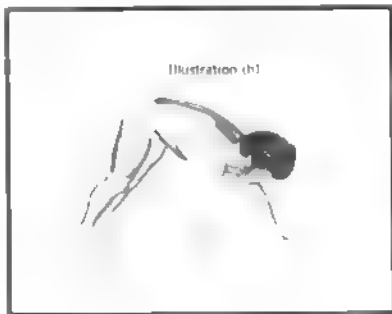
EXERCISE SIX

Jackknife Floordips

3 x 15

(Shoulders, Arms, Chest)

- 1 Move into the dipping position shown in illustration (h)
- 2 Move back to the upright position by pulling yourself up. Your hands should rest flat on the floor by lifting your arms only
- 3 Press up and repeat
- 4 Make sure arms lock out straight after each repetition. 3 x 15



EXERCISE SEVEN

Single Leg Broom Curl

3 x 35

(Arms)

1. Adopt a sitting position with a broom stick underneath one leg. (Illustration (ii))
2. Grip the pole with both hands, palms up, wrists straight.
3. Next, while keeping the elbows tight into the sides, curl the bar, lifting your leg as high as you can while still remaining seated.
4. Continue the effort for 2 seconds, although you cannot raise the pole any higher. Lower and repeat. 3 x 35.



Illustration (ii)

EXERCISE EIGHT

Triceps Floor Dips

3 x 10

(Arms)

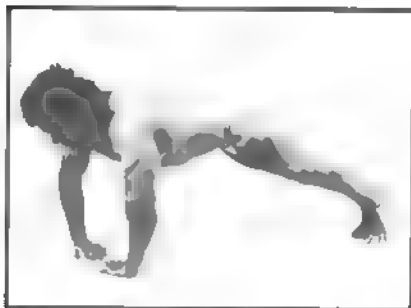


Illustration (iii)

make matters worse, no body may perform extra exercises, and may choose not to do it, just to get exercise in at all. It is better to do it, don't you think? This of course, just leads to more digging up your body, and more injury.

THE WAY TO ENSURE THAT YOU BUILD YOUR BODY SYMMETRICALLY, TO THE SAME AMOUNTS OF EXERCISE FOR EACH BODY PART.

or that you have it? Don't play favorites with your muscles. Exercise each and every muscle to the same extent. Don't do excessive work on any one body part at the expense of neglecting the rest.

As a general guide to development, one should aim to obtain an "ideal" proportion of all the major muscle groups. This is the Grecian ideal. They don't have it, but we can try to get close to it. It is more than an inclination. Modern day bodybuilders tend to build themselves with disproportionate emphasis on the neck and shoulders. But a bodybuilder who neglects some of the muscles of the back and shoulders, and concentrates on the chest and arms, is a disconcerting sight. Then, arms display in their own right, but they are not in proportion to the rest of the body as viewed as a whole. Then the disproportionate appearance will become obvious.

One of the most proportionate physiques we have seen over the years is Mr. Universe Paul Wynter. He is five feet nine inches tall. He weighs just 188 pounds. Arms 17 inches, chest 47 inches, waist 31 inches, thighs 24 inches, calf 16 inches. He is beautifully proportioned. There is no area of his body that has been overdeveloped. Neither is any part underdeveloped. We consider Paul Wynter to be the equal of Mr. Peckinpah, Steve Reeves. Judge for yourself. And we are proud to say that he did it with the help of HERCULES. Yes, he used these very principles to build his body.



PAUL WYNTER MR. UNIVERSE

The physical world has a profound impact on the mind. Not all realize the impact of the body on the mind.

Says a senior Kennedy Center executive, "Just as the sensory nerves that carry messages from the muscles to the brain

in other words, the body can teach the mind to relax.

And the body can teach the mind to relax. In other words, the body can teach the mind to relax. In other words, the body can teach the mind to relax. In other words, the body can teach the mind to relax.

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DEEP BREATHING

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Try this one. Sit in a chair with your feet flat on the floor. Relax your shoulders and arms. Breathe in deeply through your nose. Hold the breath for a few seconds. Then breathe out slowly through your mouth.

Let your feet join in. Moving up the body, do the same with the legs and ankles. Let your feet join in. Moving up the body, do the same with the legs and ankles. Let your feet join in. Moving up the body, do the same with the legs and ankles.

A naturopath tells us that once a muscle has started relaxing, it is not interfered with. It goes on relaxing automatically. Relaxing therefore has more than a momentary value.

The effect is a pervasive and goes deeper than you might imagine. It loosens up the too tense muscles throughout the whole mechanism of the body. It renews lost energy and gives new poise and balance in spite of the distractions and worries of an exhausting day.

MIND CONTROL

2. The psychophysical way. Mental control should be combined with what has just been said about speedy relaxation through muscular control.

1. Speeds the process. While you are trying to exercise bodily relaxation, you must also speed the mental relaxation by exercise. You must acquire at least some control of your mind.

BUT HOW? By deliberately filling your mind with thoughts that are the very opposite of the frightened, the despairing, the panicky.

8. Play the game. You must not a complete amateur in your attitude. It is a game, but it is a serious game.

4. Do not let the children get to you. Face the anxieties with a steady, unshakable, heavy, quiet, even, steady. It takes you far at times at the end of your tether. So do these words.

3. It is a game. It is a game. It is far better able to cope with them. You are experienced with it. It is a game. And you will see what you have to do. It is a game. It is a game. It is a game.

6. Do not think it worth looking at it. It is a tense one yes, but the right way to approach it. The answer is two fold: impatience or fear.

First let us consider impatience.

We all know the restless impatience of a worker always in a hurry trying to do everything at once. You are always very tired. You are always nothing of expending a great deal of nervous energy. It is useless. We must be creative in energy. We need a new approach. Bill Hingan, the famous golfer, said in a television game concert life is a catch only the one you are playing. I have been pressed because never allow myself to think of what comes next. This helps my play besides enabling me to feel securely and relaxed.

There is wisdom in this. If you have a busy, distracting day ahead of you, when things can all too easily get out of control, don't allow yourself to be frustrated. Don't fret about "How am I ever to get through this day?" Lie down quietly and plan the day carefully. Take things one at a time, thinking of nothing but this one thing only and giving it your undivided attention. This will ease the tension and will leave you less fatigued at the end of the day besides making a far better job of everything.

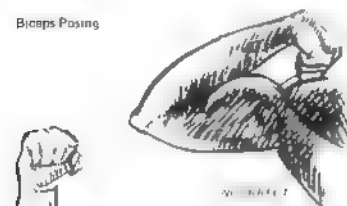
HINTS ON POSING

How to Pose Your Arms

The arm is probably the most impressive part of your body. You can't even begin to disagree with this, but it's just as true that it's just as true that no other body part has. But a well-developed arm will look twice as good if it is posed correctly.

100% 100%

Biceps Posing



100% 100%



INCORRECT



INCORRECT



CORRECT

EXERCISE NINE

Situps 3 x 15

Upper Stomach Muscles

1. Lie on your back, knees bent.

2. Arms extended overhead.

3. Commence to sit up as shown in illustration.

4. Lower slowly with rounded back in reverse.



ILLUSTRATION 9

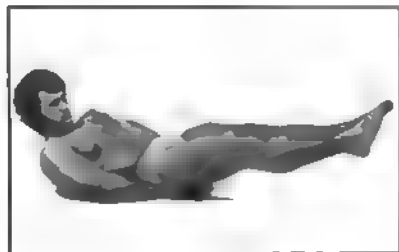


ILLUSTRATION 10

EXERCISE TEN

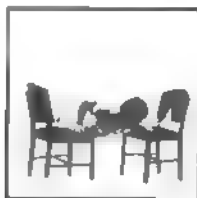
Leg Raises 3 x 15

Lower Stomach Muscles

1. Lie on your back, hands under your head.

2. Raise and lower legs together.

3. Do not allow feet to rest on the floor between repetitions. Raise, lower and repeat 3 x 15.



1 Hercules Dips between
Chairs - 4 x 10



2 Reverse Chair Dips
- 4 x 12



3 Calf Raise - 3 x 20



4 Box or Leg Squat - 3 x 60



5 Lateral raises - 3 x 1



6 Jackknife Floor Dips
- 3 x 15



7 Single Leg Biceps Curl
- 3 x 35



8 Triceps Floor Dips
- 3 x 10



9 Situps - 3 x 15



10 Leg Raises - 3 x 15

FOR THE 100% 100% 100%

Here are a few musclebuilding tips which you may find helpful in building your body. You Get From Your Workouts On y What You Are Prepared To Put In

Don't ever deny the fact that you are not building muscles. You get out of bodybuilding on y exactly what you put into it. Train like a man to be a man!

Don't just give yourself y your workouts physically. Give you mind too. Train intelligently. Eat sensibly. Remember Heracles' advice to Hercules and you will succeed. We will go so far as to say that you cannot fail.

Watch Your Muscles Grow

When you are training, are your muscles growing? Concentrate on the muscle you are working. Take a minute after each set to relax your eyes. Relax and massage your muscles gently. Get a massage for him. Imagine how it would feel. Relax. Concentrate in what you are doing.

Tense Your Muscles

A full muscle size and definition can be forced into your muscles if you make a habit of tensing them while exercising. Flex your muscles while doing your arm exercises. Push up against your chest while doing the dipping movement. That helps y make you the kind of man you always wanted to be.

Get A Good Tan

A good tan y enhance your appearance tremendously. Don't give to the sunbathing so that your skin gets a sunbaked tan. Take a little extra time to get your perfect tan. Part of the body which is not tanning is more noticeable. Tanning correctly will appear in a profession.

Get A Little More Protein Every Day

We've already discussed this. We've told you that it's essential for the building of muscles. Get it right with a little knowledge. Protein is an important part of your diet. Get it right by eating it in the right way. Try and consume a little bit more protein every day. y your diet and you will see the physical physique by the time it's over and you'll be able to.

Here's How To 'Break' A Sticking Point

It happens to y. Your Progress comes to a halt. Go back a few days. Sometimes it's a question. What? Did? Your progress may be due to the fact that you're stale. You say, hey, even though I even workout like a week I feel it's going. Resume again after the 2nd or 3rd extra protein. You'll gain you had before. You will start to grow all over again.

Find It Hard To Lose Weight?

[illegible]

Keep Waist Training In Bulk Up Body, Legs and Arms

1991 1992 1993 1994 1995 1996 1997 1998 1999 2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024 2025 2026 2027 2028 2029 2030 2031 2032 2033 2034 2035 2036 2037 2038 2039 2040 2041 2042 2043 2044 2045 2046 2047 2048 2049 2050 2051 2052 2053 2054 2055 2056 2057 2058 2059 2060 2061 2062 2063 2064 2065 2066 2067 2068 2069 2070 2071 2072 2073 2074 2075 2076 2077 2078 2079 2080 2081 2082 2083 2084 2085 2086 2087 2088 2089 2090 2091 2092 2093 2094 2095 2096 2097 2098 2099 2100 2101 2102 2103 2104 2105 2106 2107 2108 2109 2110 2111 2112 2113 2114 2115 2116 2117 2118 2119 2120 2121 2122 2123 2124 2125 2126 2127 2128 2129 2130 2131 2132 2133 2134 2135 2136 2137 2138 2139 2140 2141 2142 2143 2144 2145 2146 2147 2148 2149 2150 2151 2152 2153 2154 2155 2156 2157 2158 2159 2160 2161 2162 2163 2164 2165 2166 2167 2168 2169 2170 2171 2172 2173 2174 2175 2176 2177 2178 2179 2180 2181 2182 2183 2184 2185 2186 2187 2188 2189 2190 2191 2192 2193 2194 2195 2196 2197 2198 2199 2200 2201 2202 2203 2204 2205 2206 2207 2208 2209 2210 2211 2212 2213 2214 2215 2216 2217 2218 2219 2220 2221 2222 2223 2224 2225 2226 2227 2228 2229 2230 2231 2232 2233 2234 2235 2236 2237 2238 2239 2240 2241 2242 2243 2244 2245 2246 2247 2248 2249 2250 2251 2252 2253 2254 2255 2256 2257 2258 2259 2260 2261 2262 2263 2264 2265 2266 2267 2268 2269 2270 2271 2272 2273 2274 2275 2276 2277 2278 2279 2280 2281 2282 2283 2284 2285 2286 2287 2288 2289 2290 2291 2292 2293 2294 2295 2296 2297 2298 2299 2300 2301 2302 2303 2304 2305 2306 2307 2308 2309 2310 2311 2312 2313 2314 2315 2316 2317 2318 2319 2320 2321 2322 2323 2324 2325 2326 2327 2328 2329 2330 2331 2332 2333 2334 2335 2336 2337 2338 2339 2340 2341 2342 2343 2344 2345 2346 2347 2348 2349 2350 2351 2352 2353 2354 2355 2356 2357 2358 2359 2360 2361 2362 2363 2364 2365 2366 2367 2368 2369 2370 2371 2372 2373 2374 2375 2376 2377 2378 2379 2380 2381 2382 2383 2384 2385 2386 2387 2388 2389 2390 2391 2392 2393 2394 2395 2396 2397 2398 2399 2400 2401 2402 2403 2404 2405 2406 2407 2408 2409 2410 2411 2412 2413 2414 2415 2416 2417 2418 2419 2420 2421 2422 2423 2424 2425 2426 2427 2428 2429 2430 2431 2432 2433 2434 2435 2436 2437 2438 2439 2440 2441 2442 2443 2444 2445 2446 2447 2448 2449 2450 2451 2452 2453 2454 2455 2456 2457 2458 2459 2460 2461 2462 2463 2464 2465 2466 2467 2468 2469 2470 2471 2472 2473 2474 2475 2476 2477 2478 2479 2480 2481 2482 2483 2484 2485 2486 2487 2488 2489 2490 2491 2492 2493 2494 2495 2496 2497 2498 2499 2500 2501 2502 2503 2504 2505 2506 2507 2508 2509 2510 2511 2512 2513 2514 2515 2516 2517 2518 2519 2520 2521 2522 2523 2524 2525 2526 2527 2528 2529 2530 2531 2532 2533 2534 2535 2536 2537 2538 2539 2540 2541 2542 2543 2544 2545 2546 2547 2548 2549 2550 2551 2552 2553 2554 2555 2556 2557 2558 2559 2560 2561 2562 2563 2564 2565 2566 2567 2568 2569 2570 2571 2572 2573 2574 2575 2576 2577 2578 2579 2580 2581 2582 2583 2584 2585 2586 2587 2588 2589 2590 2591 2592 2593 2594 2595 2596 2597 2598 2599 2600 2601 2602 2603 2604 2605 2606 2607 2608 2609 2610 2611 2612 2613 2614 2615 2616 2617 2618 2619 2620 2621 2622 2623 2624 2625 2626 2627 2628 2629 2630 2631 2632 2633 2634 2635 2636 2637 2638 2639 2640 2641 2642 2643 2644 2645 2646 2647 2648 2649 2650 2651 2652 2653 2654 2655 2656 2657 2658 2659 2660 2661 2662 2663 2664 2665 2666 2667 2668 2669 2670 2671 2672 2673 2674 2675 2676 2677 2678 2679 2680 2681 2682 2683 2684 2685 2686 2687 2688 2689 2690 2691 2692 2693 2694 2695 2696 2697 2698 2699 2700 2701 2702 2703 2704 2705 2706 2707 2708 2709 2710 2711 2712 2713 2714 2715 2716 2717 2718 2719 2720 2721 2722 2723 2724 2725 2726 2727 2728 2729 2730 2731 2732 2733 2734 2735 2736 2737 2738 2739 2740 2741 2742 2743 2744 2745 2746 2747 2748 2749 2750 2751 2752 2753 2754 2755 2756 2757 2758 2759 2760 2761 2762 2763 2764 2765 2766 2767 2768 2769 2770 2771 2772 2773 2774 2775 2776 2777 2778 2779 2780 2781 2782 2783 2784 2785 2786 2787 2788 2789 2790 2791 2792 2793 2794 2795 2796 2797 2798 2799 2800 2801 2802 2803 2804 2805 2806 2807 2808 2

- 1 Eat more fish and meat, less carbohydrates
- 2 Exercise your whole body, especially the back, shoulders, hips, knees, ankles, wrists, and forearms (to build your muscles)
- 3 Take your protein supplement with milk instead of water

Training For Football or Other Sports?

We should warn you tho' although you may make good progress at doing things which are strenuous and her sport your muscles will not enlarge at the same speed but they will get you a lot of all the Hercules Program.

What About Layouts?

[illegible]

Mind Over Matter – No Leaks

[illegible]

Why Don't We Recommend Training Every Day?

We do **not** want our students to train every day because they would get a muscle injury with a high risk. The body needs a days rest between your workouts so that the muscles can **build** up the rest day.

Personality Test

Prepared by: Prepared by: dk who you to ok right a to see a hr n d

2. **Personal confidence:** Believing in yourself and what you do!

3. **Enthusiasm** - The ability to get yourself motivated and spur others on in greater effort.

4. **Patience** Being able to wait for those ~~adder~~ things to come ~~down~~ one at a time

Objectives: Being able to produce a relaxed and optimistic atmosphere in interviews

• Why? A: to be a fully engaged & empowered member

7. In the [1] you will be asked to write a paragraph of a new city.

Q. Did you know that the defendant was a member of the R.I.C.?

a head start on a luckier but more morbid man.)

$\Delta W = k_B T \ln \left(\frac{1}{1 - \exp(-\beta \Delta E)} \right) = k_B T \ln \left(\frac{1}{1 - \exp(-\beta \Delta E)} \right)$

11 Adjusting the power supply voltage to the motor will adjust the speed of rotation and starting power.

12 (f) *It is not as easy as it seems when you're stuck by a stranger in the car company of a stranger?*

3. **Future** — *He will carry enthusiasm for his projects*

14. *What is the main purpose of the text?*

7. ...genius. A very intelligent person who scores yourself comparable with what you think is the
...genius.

H Courage (In the face of big odds.)

17 **rigorously** Are you **rigorous**? do you think for yourself?

- 18 **Honesty** This one is a pretty straightforward question. Do you feel you must take what belongs to others?
- 19 **Enter it self** Have you enough going to get up and get on with something or are you stuck in bed or wasting your time unconscious in your bed?
- 20 **Tact** How many times have you caused yourself and others pain and hurt by speaking the truth as you think? **Do you put your foot in it?**
- 21 **Sincerity** How often do you really mean what you say?
- 22 **Contentment** Can you apply yourself to the job at hand or are you just going around you?
- 23 **Enough of yourself** Are you too self-centered to laugh at your own foolishness?
- 24 **Personal appearance** Do you care how you look or are you just trying to look like a fool?
- 25 **Self** Are you too busy to do the things you need to do to be a better person?
- 26 **Compassion** The ability to put yourself in the other man's shoes and see his weaknesses.

A very long list, indeed, and a lot to do for anyone who tries to live a part of these principles. But nevertheless, adding new to those who fully realize the importance of self-improvement. To keep these serious practitioners of many of the eastern religions, spend years of their lives in meditating, as a self-improvement. Next to be asked they set themselves a goal will be keeping it going.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

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opens the door to easier progress along the road

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

What Destroys Sex Appeal and Personality?

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

]

Article written single time, we have to find the correct answer
 we have to find the correct answer
 we have to find the correct answer
 we have to find the correct answer
 we have to find the correct answer

]

What you do with enthusiasm and determination

All men basically are motivated by twelve things in life

- 1 Self preservation
- 2 Love
- 3 Sex
- 4 Anger
- 5 Fear
- 6 The desire for money and material gain
- 7 Freedom of mind and body
- 8 The need to be considered worthwhile
- 9 The need to be respected by others
- 10 The desire for immortality (To be perpetuated after death)
- 11 The need for self expression
- 12 The need to constantly strive for personal fulfillment

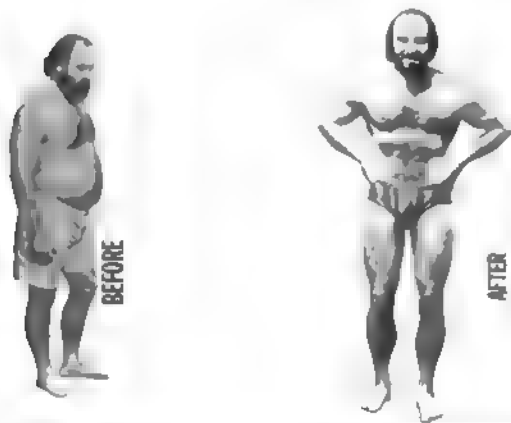
we have to find the correct answer
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your progress

Don't give small things a big name
 Don't give small things a big name
 Don't give small things a big name
 Don't give small things a big name
 Don't give small things a big name

20 Be gān jīn B yǒu jī huà wǒ huì xiǎo xīn.
Then you will become a good talker.

the mother of the child who was born in the United States and who is a citizen of the United States.
On the first of January, 1954, the mother of the child who was born in the United States and who is a citizen of the United States
with the mother of the child who was born in the United States and who is a citizen of the United States.
The mother of the child who was born in the United States and who is a citizen of the United States
the child who will turn a woman off.



We make a few sets for a while, giving you these a few before and after pictures of the. Here is Paul again. We have pictures of a very good reason, so this is a real over-the-top picture. An take heart, as I'm enthused by his example.

Pf is reminding you of this man. The bond achievement is to the Hercules. I go am.

Look at his BEFORE picture on the left. He was covered from head to foot in ugly fat and it took seven weeks' time. For a while, overweight and fat was just a part of me, or I was ready to give up. Now look at the AFTER picture on the right. A few short weeks and 67 lbs. lighter, he looks great. Weighing him, we can't help but be just as happy as he is. More eyes and feet follow him.

IT CAN BE DONE IT WORKED FOR HIM AND IT CAN WORK FOR YOU

If you are still overweight, stick to the Hercules II diet recommended. It really does work and here is just one puppi who has proved it.

WANT MORE WEIGHT? TRY THIS MILK DIET

For those who want more weight, a diet of milk is best. Health Milk Ltd. is your

best friend. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you.

MILK MILK and MILK MILK. Have you ever seen a baby who is so healthy and so happy? It is because of the milk that he or she is drinking. It is the only food that is so good for you. It is the only food that is so good for you.

This is the best food for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you.

Milk is the best food for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you. It is the only food that is so good for you.

Step Five

Smoke while you add this dose. Now smoke from Tuesday. So it's easier to say than you stop smoking day. You have to get up in your mind on RFA. You're thinking it's but quietly put in your mind to stop next Tuesday or on a Tuesday or any other day. When you decide to quit, you have to build up as much momentum as possible.

Step Six

Tell all your friends and friends that on such and such a day you will quit smoking. Make a big thing of it. That way you'll be more motivated to start smoking on that day. These are the steps.

Step Seven

When the journey's difficult, think of the five reasons you quit as an exercise.

- (1) You preserve your health and lengthen your life
- (2) You are free of the dictatorship of cigarettes
- (3) You're able to do more things with less effort
- (4) You have more money to spend
- (5) Your senses become sharper, increasing your enjoyment of life

By giving up smoking you are making a present of many positive pleasures to yourself.

Your health improves; you are not as tired as you thought. You can relax and use your energy for your most important task. Food tastes good again. Kisses are fun and more enjoyable. Your eyes are clear. Your sense of touch is heightened, improving your coordination. You have a keen sense of taste. Your skin looks fresh again. In short, life is fun.

Step Eight

Some don't,

- (a) Don't take drugs. They are a big temptation if you're a
- (b) Don't substitute a pipe for cigarettes
- (c) Don't give away or give up your cigarettes
- (d) Don't let that your stop smoking is a big experience that makes them feel you are
- (e) Don't let your mind think you quit. It makes them more motivated.

Step Nine

Once you have decided which day is Stop Day, visualize yourself for any conditions that may arise. Be prepared to decline offers in any situation.

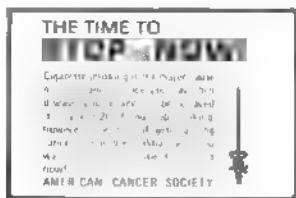
Review of Steps

1. Get serious
2. Pick a time to quit on a weekday prior to the time you are going to stop smoking
3. Give yourself only a 5-day grace period to quit. If you still smoke constantly, ask for help
4. Say "I choose not to smoke!"
5. Build up a real desire to stop – don't quit yet!
6. Tell your friends that you will stop on a certain day
7. Consider the five freedoms you gain
8. Bear in mind the important "Don'ts"
9. Prepare yourself for the "Stop Day"
10. Don't celebrate with even a puff of a cigarette
11. Find a partner to quit with
12. Write down your reasons for quitting
13. Smoke heavily on the eve of "Stop Day"
14. "Stop Day" – destroy all smoking equipment
15. No exceptions.
16. Don't give in
17. Gone forever. Congratulations!
18. Your main reason – cancer

Burger's Disease

This disease exclusively knows to smokers. Look at the record: Of 1000 tested cases, every single one was from New York. Mt. Sinai Hospital checked 1400 cases in 1948 – 400 were smokers. The disease occurs in the excretory tract, that is the human toilet. Patient 1 had the first filter pipe, patient 1000 was the first to smoke a cigarette without a filter. The disease was first described in 1948 when junkies set a record for the number of cigarettes smoked in 24 hours. Because the population is greatly reduced, or even stops altogether, "Burger's" is not a common disease.

You have decided that you are going to give up smoking some time soon. Giving up smoking will open an exciting new world of freedom to you.



Bear in Mind

- Smoking can cause ulcers.
- Smoking can cause heart disease
- Smoking can kill in circulatory diseases
- Smoking creates over acid condition in stomachs.
- Smoking damages your digestive system
- Smoking injures the liver
- Smoking causes respiratory ailments
- Smoking injures tubercular patients.
- Smoking causes additional problems for diabetics
- Smoking aggravates an overactive thyroid gland
- Smoking cuts down your endurance
- Smoking can cause blindness
- Smoking spoils co-ordination
- Smoking creates nervous tension
- Smoking contributes to certain types of deafness
- Smoking spoils the complexion and causes skin ailments
- Smoking stupefies the brain.
- Smoking causes an earlier death
- Smoking can cause hardening of the arteries
- Smoking causes lung cancer, mouth and throat cancer
- Smoking causes Buerger's Disease



HERCULES II

(Apollo - Power - One)



lesson **9**

lesson **10**

LESSON NINE

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EXERCISE ELEVEN

Bent Over Leg Raise to Rear

(Lower Back, Hips)

3 x 18

1. Adopt position as shown in illustration
a) resting on chair or table top
2. Raise left leg to rear as high as possible
keeping body still
3. Raise right leg in similar fashion 18 reps

© 1997 M.H.

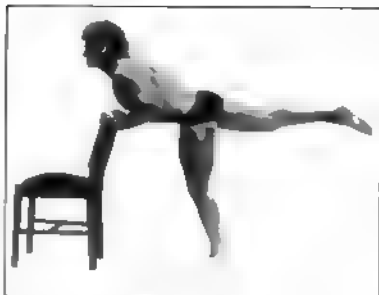


FIG. (4)

The last two lessons have advised that you perform your exercises in pairs following the HERCULES burning system. You are to still continue this alternating technique as laid out in Lesson 7.

THE NEXT EXERCISE Bent Over Leg Raise to Rear is the second exercise scheduled for the end of the schedule.

As you can see, the Bent Over Leg Raise to Rear is a very simple exercise that can be performed in a variety of ways.

As you can see, while following lesson nine you may like to try this variation of the milk diet mentioned in the previous lesson #8.

Breakfast

Cereal or fruit

One glass of milk

Mid Morning

Milk or fruit

Two glasses of milk

Lunch

Sandwich, fish, meat or cheese

Two glasses of milk

Mid-Afternoon

Cereal or fruit

Two glasses of milk

Supper

Meat or fish, fruit or vegetables

Glass of milk

Before Retiring

Sandwich

Glass of milk

Figure 1

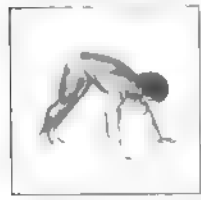


Figure 2

Figure 3

HOW TO POSE YOUR BODY

There are many different reasons for posing the body:

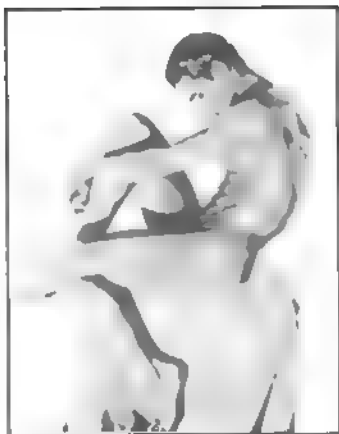
1. To display good body development and top proportion
2. To display grace and beauty of physical line
3. To show utmost physical development in the form of huge muscles with a bit sharp
4. To show tremendous awe inspiring power

Each of the above styles is quite different and no one man could pose successfully to show them all. That is the logic of the same line. What is it you want to show with your pose?

Picture Number One shows the type of pose that is used by bodybuilders who have good muscle size (though not enormous) and who like to display the fact that they have balanced out their training and developed a proportionate physique. This is usually the most sought after type of build. The photograph is, of course, none other than "Mr. Everything" Steve Reeves. He is generally considered to be the World's most perfectly developed

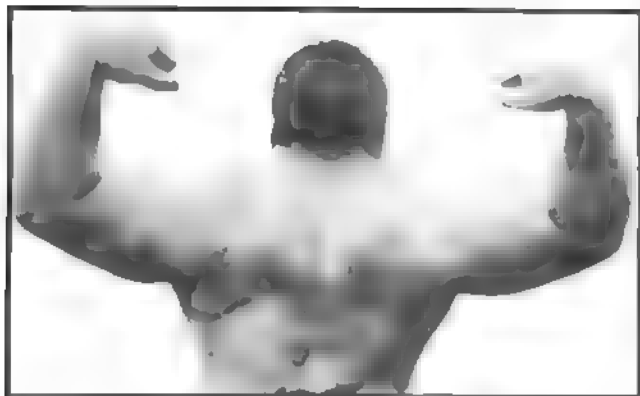


Our next model is **Tony Sansone**. This picture displays the grace and beauty of the male physique. There is no attempt to show huge bulging muscles. The idea behind this type of pose is to show how one does not need 20-inch arms to make an interesting study. Few modern day bodybuilders could look impressive in this pose.



Ultimate physical development is shown in this 'most muscular' pose by **Harold Poole**. This is the most controversial type of posing. When a bodybuilder seeks to 'pop out' his muscles in this way, the layman tends to wince and may even feel nauseated. On the other hand, this is exactly the kind of pose that wins physique contests and money prizes for men who are willing to put in the time and effort. Harold Poole knows all about how to impress physique judges. He has won his fair share of contests, including Mr. World.





The man who wants to show tremendous power is not interested in looking pretty. He has nothing to eye
 show. He has only the bare bones of a man. He is not a bodybuilder. He is not a
 how good he looks.

Get the idea? The power of the man is not in his muscles. It is in his mind. It is in his
 Anderson is the only one who can do this. He is the only one who can do this.

To be a bodybuilder, you must have a strong mind and a strong body. You must be able to
 posing. Study them carefully. Practice regularly and, pretty soon you will get the idea of how to display your
 your muscles. The bodybuilder is a man who is not a bodybuilder. He is a man who is not a bodybuilder.
 affecting the muscles of the arms. He is not a bodybuilder. He is a man who is not a bodybuilder.
 far as first. You are not a bodybuilder. You are a man who is not a bodybuilder. You are a man who is not a bodybuilder.
 your physical. You are not a bodybuilder. You are a man who is not a bodybuilder. You are a man who is not a bodybuilder.

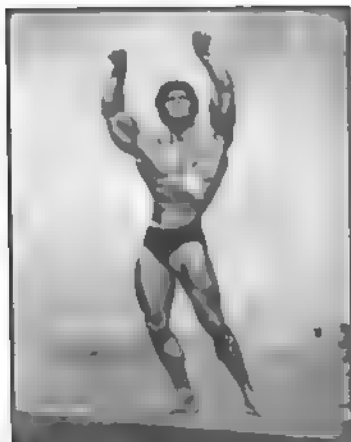
Steve Reeves

1914 - 1992

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Don Haworth

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$$V^{S,16} \quad \rightarrow \quad H^1(\mathbb{P}^1, \mathcal{O}(-1)) \quad \rightarrow \quad H^1(\mathbb{P}^1, \mathcal{O}(-2)) \quad \rightarrow \quad 0$$

$\frac{1}{2} \left(\frac{1}{2} + \frac{1}{2} \right) = \frac{1}{2}$

Figure 1. The effect of the initial concentration of the monomer on the polymerization of α -methylstyrene initiated by H_2O_2 in the presence of H_2SO_4 at 40°C.

$\Psi = \{ \psi_1, \dots, \psi_n \}$

EXERCISE TWO

Lag Raise Dips

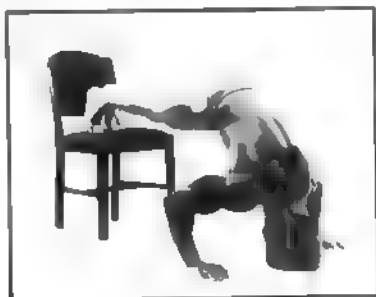
(Entire Upper Body)

Adopt the position shown in Illustration (2a). Slowly bend the arms to allow your head to touch the floor as illustrated in (2b). Push up and return to original position. Repeat for 8–12 repetitions.

Warning Make sure that you do not lower your torso too quickly. You might hit your head with a thump.



illus. 2a)



illus. 2b)



illus. 3)

EXERCISE THREE

Hercules II "Knees Out" Squat

(Thighs, hips, calves)

Hands on hips. Heels together, toes pointed outwards. Lower into a squatting position until your thighs are parallel to the floor. Raise and repeat.

Important

You must make a determined effort to lean backwards during this exercise, yet at the same time keeping the hips forward. This is an excellent exercise for not only building and defining the thighs but it will also help to firm up and trim the hips.

EXERCISE FOUR

Reverse Chair Dips

(Upper body and arms)

You have done this one before. Adopt the stance as shown in illustration (4). Now lower your body as deeply as you can by bending the arms. Push up and lock elbows. Lower and repeat. 12-15 repetitions.



illus. 4

EXERCISE FIVE

Calf Raise

(Lower leg)

Stand as in illustration (5). Raise your heels as high as you can and lower (repeat this heel raising movement quickly for up to fifty repetitions). Remember to lift the heels as high as possible to obtain maximum height. Stretch arms out in front to help balance. You may hold onto the back of a chair if you wish.



illus 5)

EXERCISE SIX

Hercules Midsection Twists

(Abdominals)

Place a foot on the left side of a chair or stool and lift the right arm, muscles in the back of the neck and shoulders being used to maintain position and help get added twist during the exercise.

While maintaining this standing position:

1. Turn your head and torso to the right, pointing directly in front of you. You will feel a pull on the right side of your body when this happens your left arm will be facing directly backwards. Now twist back again until the left arm is pointing forwards and the right arm is pointing back. Try to keep upper facing forwards throughout the entire exercise.



illus 6)

Continue for 50-100 repetitions.

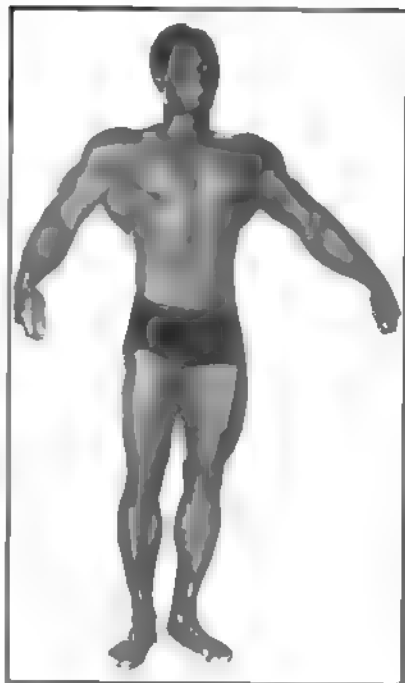
MIR UNIVERSE PAUL WYNTER

This is a photograph of fabulous Paul Wynter.
He is a Mr. Universe winner. There is no doubt

he has the best physique in the world. His muscles were the
best to greatness by this very course you are
pursuing.

Paul Wynter's advice to any normal male who
wants to shape up fast. "Whether you are cur-
rently fat or thin, young or not so young, fol-
lowing the principles of the Hierarchy of course
will help you gain weight efficiently
or lose weight efficiently."

Whether you want to gain or lose weight, sug-
gestions for the most efficient way to do so
to help your progress. Then you may be sur-
prised to find that the Hierarchy of course



CAN YOU INCREASE YOUR POSTURAL STANDING HEIGHT?

Of course you can! In this course these day. Many people wonder what it is to "permanent" stand a little taller or slimmer. The answer we give to any such question is a resounding YES! If you are suffering from less than perfect posture you can certainly stand a little improvement is possible. The answer we give to any short and poorly postured man is YES! If you are suffering from less than perfect posture you can certainly STAND TALLER just by learning to stand at your full height potential with perfect posture.

This diagram shows how you can do virtually everything possible in bringing you to your ultimate height potential. It also shows the exercises which AFTER your regular EXERCISES if bodybuilding movements.

Now take a look at your spine for a moment. How is it? As you look from the side you will see that it is curved. This is a forward bend of the neck, a forward bend of the upper thoracic spine, a forward bend of the lower thoracic spine, a forward bend of the lumbar spine. These spinal curves bend you into a "C" shape. This is why you feel so tired and stiff after a long day of work. Now as we know the weight of the body is heavy (about 150 lbs.) and the weight of the spine is about 100 lbs. The weight of each body segment is about 100 lbs. If they were originally and deeper than necessary.



It is the "C" shape of the spine that causes one to be shorter than one needs be. Now let's get to the "A" shape of the spine for the human body.

Now we will see the "A" shape. As you look from a front view, the spine is straight. You will see that the spine is straight and it takes it easy. The spine will be straight and it will be easy. The spine will be straight. It never overrode your effort during the week or period.

Now let's give you the performance in the order shown. They are specifically designed to attack the areas of the body where curvature is excessive, especially between the vertebrae of the back and neck. The first three exercises are the legs and the spine and to straighten your spine to add extra height and overall posture improvement.

We should also note that the U.S. Postal Department in Washington is aware that they are not as high as they used to be and it is not the only one. According to the U.S. Postal Department, we are not as high as we used to be. We simply Mar is aware of you to self-perfect posture.

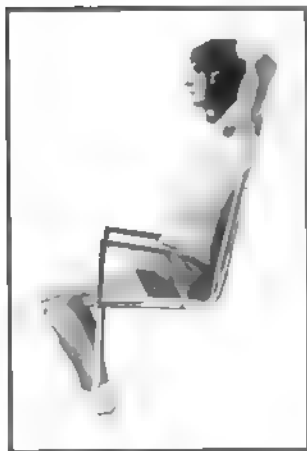
Movement No. 3

Toe Touching

Per arm as illustrated from 10-30 reps. The

exercise helps stretch the muscles of the lower back and hamstrings. As you loosen up, really let it out this exercise. You will find that the part at the top of the back of your thighs will be tight at first. In time, these may lengthen and you will feel better.

This exercise is performed by standing with feet together and arms straight out to the sides. Bend forward at the hips, keeping the back straight, and reach the hands down to the toes.



Movement No. 4

Cervical Exercise

Clasp hands behind head, elbows perpendicular to nose. Lower chin and slowly push head

forward. Repeat this motion ten times or until comfortably fatigued.

This exercise is performed by sitting or standing with hands clasped behind the head, elbows bent, and forearms perpendicular to the head. The head is pushed forward against the hands.

Movement No. 5
Alternate Toe Touching

Bend smartly forward and touch left toe with right hand. Return to upright position and touch right toe with left hand. Repeat 10-30 times depending on condition.

Move the spine, also slightly, the external of the abdomen muscles, ham string tendons and shoulder girdle region.



Movement No. 6
The Pelvic Tilt

Lie on the back with knees bent and feet flat on the floor. Place hands on the floor on either side of the knees. Tilt the pelvis forward for a slow count of ten. Return to the starting position.

Help in moving the pelvis up to a vertical position and down.



Movement No. 7

Bar Hanging

Hang from a chinning bar (or door ledge). Place a cushion on the top of a sturdy table (or fine furniture) and simply hang for as long as you can reasonably hold on. This is a tough exercise, but an although a useful addition for any posture-reverse program, it is no doubt the most comfortable stretching exercise from many people manage to find a pipe or a beam to hang from. The exercise is not only a good way to stretch the neck and back, but also a good way to stretch the arms and legs. It is a good way to stretch the neck and back, but also a good way to stretch the arms and legs. It is a good way to stretch the neck and back, but also a good way to stretch the arms and legs.

Stretches entire upper body



Movement No. 8

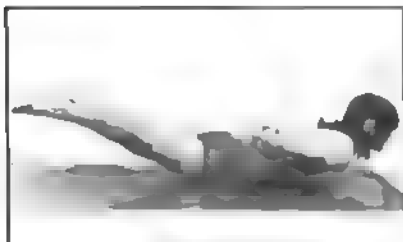
Dorsal Raise

Lie on your stomach with your forehead touching the floor. Clasp hands behind your back as illustrated. Raise head, neck and chest.

1. Lie on your stomach with your forehead touching the floor. Clasp hands behind your back as illustrated. Raise head, neck and chest.

Strengthens lumbar region and acts toward

relieving the lower back pain caused by injury



Movement No. 9

Head Rolling

Seated, feet flat on floor, knees bent, arms at sides.
Roll head right, right hand on back of head.
Roll neck right, right hand on back of head.
Roll head left, left hand on back of head.
Roll neck left, left hand on back of head.

Roll neck right, right hand on back of head.
Roll neck left, left hand on back of head.

Increase to ten each way. Roll head. Do not
flex neck.

This mobilises the Cervical Vertebrae.

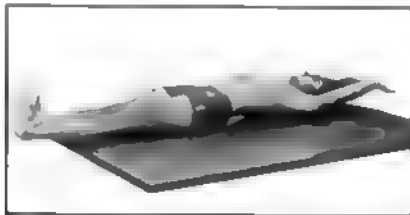


Movement No. 10

Lying Foot and Head Raise

Cover the floor with a blanket or cloth, place it under your feet.
Lie on your back, arms at sides, feet flat on floor.
Head, neck, and upper back on floor.
Head, neck, and upper back on floor.
Head, neck, and upper back on floor.
FINGER TIPS AS FAR FROM THE FEET AS POSSIBLE.
Head, neck, and upper back on floor.

Roll head right, right hand on back of head.





MORE HINTS ON HEIGHT

There are other aspects apart from special movements that you should pay attention to if you're trying to reach your full postural potential.

We will now spend a little time discussing some of these aspects in greater detail. This will take the form of a general **HE GHT PLAN** which we advise you to read carefully and follow.

Remember that for the warrior, while comes easy. If your present stature, class, and age of your work life on this course of instruction you are, you will be able to reward a thoughtful challenge.

women of the Paduang tribe. Brass rings are placed around the necks to induce the stretching of the vertebrae. It is said that the rings are placed around the necks of the women about artificially.

When in fact if the extraspinal area were lengthened in the same proportion as their necks, these Pardonians

women would actually increase their overall height by 3 1/2 or more. Some of them would be almost 5 ft tall. Unlike the Burmese method, this posture program is designed to

means whatsoever. We bring the matter of the Paduang women to your attention only to illustrate at the world



over a improvement in any poorly statured man or woman

On exercise, if no α s are not only recognized by cells as a γ for α s, as would be the case if they were a positive and negative health and physiology. The no

HEIGHT AND HORMONES

About Drugs

There is a relatively new hormone drug available that with the official medical channels who can help a
 please get a female HCG HCG can lower HCG levels in those people who have had a miscarriage
 HCG is a hormone that is produced by the placenta and is used to monitor the health of the fetus.
 The body's natural HCG levels are low, but after a miscarriage, the levels can rise significantly.
 This is because the body is still producing HCG from the placenta that is still attached to the uterus.
 The HCG levels will continue to rise until the placenta is completely detached from the uterus.
 After a miscarriage, the HCG levels will usually drop within a few weeks. However, in some cases, the
 levels may remain elevated for a longer period of time. This is often due to the fact that the
 placenta is still attached to the uterus, and it is still producing HCG. In these cases, the
 HCG levels will continue to rise until the placenta is completely detached from the uterus.
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 placenta is still attached to the uterus, and it is still producing HCG. In these cases, the
 HCG levels will continue to rise until the placenta is completely detached from the uterus.

Only one of these hormones directly is a signalling itself complex. Not only is all of these hormones important in the regulation of growth but they have also been well compensated. It is also an important factor in carbohydrate metabolism and fat metabolism. It also has significant interactions with the glands. One of the things I think that is very important in the study when FGF growth has been reached, it is on the one hand, it is important to see if there is a relationship to physical activity. It is also important to see if there is a relationship to physical activity. It is also important to see if there is a relationship to physical activity.

If you're just a few inches below average height, you may well be normal physically, but there might be some lack of growth hormone, due perhaps to a minor pituitary deficiency.

Your family doctor can refer you to such a specialist.

[illegible]

Height and Heredity

[illegible]

month following this plan

STEP THREE

Next Posture

[illegible]

on the market for those who find it difficult to maintain

STEP FOUR

Smoking and Your Height

[illegible]

from this detrimental body poisoning habit.

no healthy growth



*STEVE REEVES SHOWS THE KIND OF SUPERB PHYSIQUE THAT IS
BUILT FROM DEDICATION TO REGULAR SCIENTIFIC TRAINING*

HERCULES II

(Apollo - Power - One)



lesson **11**

lesson **12**

LESSON ELEVEN

He is there!

For this lesson, you will continue your last week's routine. Do an extra set of the exercises you have already mastered. Do the exercises for the next week's routine. Do the exercises for the next week's routine. Do the exercises for the next week's routine.

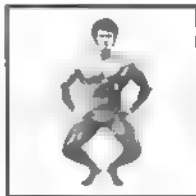
Your routine this week then is



Lateral Raise 4 x 10



Chris Rainey Dip



Hercules Knee Out Squat



Reverse Chair Dip



Calf Raise



Hercules Minute Twists

8. I am a sweet, friendly, fun, open, and warm person who is always there for my friends.

YOUR TAPPING

9 On a 10 day says we can prevent tanning On extra 10 days we can increase the tanning process



Strength Athletes

We also put aside all of the various kinds of stronger performance by the women in the presence of a male partner.

Finally, we put aside the possibility that the women's stronger performance in the presence of a male partner is due to the fact that the women are more motivated to perform well in the presence of a male partner.

We also put aside the possibility that the women's stronger performance in the presence of a male partner is due to the fact that the women are more motivated to perform well in the presence of a male partner.

Список в F и W и в M может быть пустым. Если W не пусто, то W — это множество из n элементов, $n \geq 1$, и W — это множество из n элементов, $n \geq 1$.

[illegible]

Ray Park can fit the front end of a standard London taxi in

Formus professional wrestler Kong car lift 500 lbs from the floor to _____

John C. Williams and Souren Altounian can hold two sides of the street at once.

Older men (Henry S. Hodge) and a team of 800 (mostly elephants and mules) were used to pull the elephants!

Most exposure is followed up with a standard rubber hot water bath to 'cook' the area. In cases of severe burns during the explosion

a d "A de l'Orléans n'est pas un homme qui ait des idées sur le monde."

Re: Was a ur Auszug (gr. m. h. g.) m. 2x2 letters and (h. v. u. s. y. s. s. e. n. g. 10) m. 1. d. a. n. n. hanging from his waist)

Jack & Larrie performed 1025 floor dips in 25 minutes

Paul Anderson scattered eight bags with 900 lbs on the back. The weight was around 100 lbs. total \$15,000.00. Anyone who can over weight this bag would have the bag on their back.

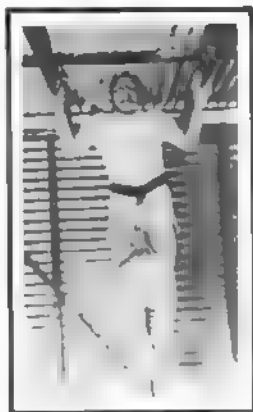
Wel: who do you consider the strongest?



George F. Rowett on first handstands



Mr. Phox on his first handstand



Mr. Phox on his first handstand



Fig. 1. A man in a white lab coat standing next to a vintage car.

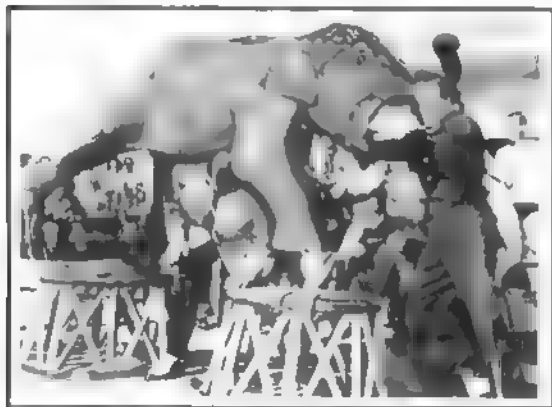
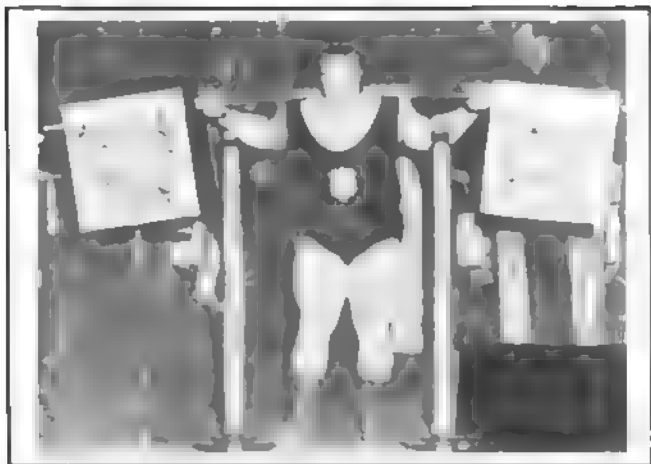


Fig. 2. A man in a white lab coat standing next to a vintage car.



Paula holding an up string with 550lb. 10 weights by 10lb each



Paula lifting 500 lbs. of 10 lb. plates



Paula lifting 500 lbs. of 10 lb. plates



*Vinie Gironda at the age of 50 looks a better shape than most fellows half his age.
That is what regular exercise can do for you.*

Water and Your Body

Before we enter this session, we should like you to recognize the tremendously important value of it in drinking water.

It is a good idea to get involved in the regular drinking of pure water, as much as 8 glasses a day. Water is the universal solvent. It helps to flush out the impurities of the body, washing the waste from the stomach and ultimately cleansing the kidneys.

Do not drink excessively at meal times. An occasional sip at this time is enough. Always avoid quenching thirst with water, especially when hot. Sip it slowly, mixing it with the saliva of the mouth. Also, do not drink ice-cold water. It can shock the stomach and cause havoc with your digestive process. Always have a glass of pure water handy on your desk at work, etc. It can do you nothing but good.

Be prepared for Lesson No. 12. It is tough. Also we show you how to perform impressive strength feats of your own. So train hard and C-O-N-C-E-N-T-R-A-T-E!

LESSON TWELVE

This is your final schedule of Hercules II exercises. If there is one thing above all others that we would recommend to you as a successful muscleman and possible future physique star, it is that you train regularly. Have you trained regularly? Did you skip workouts? If you did, then you will not have made the same progress as you might have if you had maintained your regular three times week training.

On the other hand, if you trained exactly as we laid down, if you followed our musclebuilding advice to the letter, then you will have made tremendous progress. But in order to have made this progress you will have eaten more food than previously. You will have had adequate sleep and rest, and you will have had sufficient P. R. O. T. E. I. N. Remember protein is what muscles are built of. You simply cannot make musclebuilding progress without an adequate supply to feed your body's needs.

At this point in the Hercules program, it is a tough job. You are going to sweat it's week. You are going to get going a little out for mercy. But you are going to come through a winner.

Try to do 3 sets of each exercise at your first workout. Build up to performing 4 sets of each thing as you reach the point of high exercise as is possible without strain.

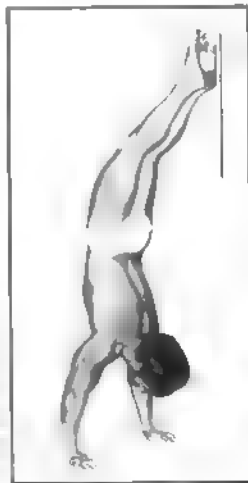
EXERCISE ONE

Handstand Pressups

(shoulder, chest and arms)

Place your hands about 33 inches from a wall and kick up into a handstand. Once in this position you may open your legs if you wish (it may help your balance).

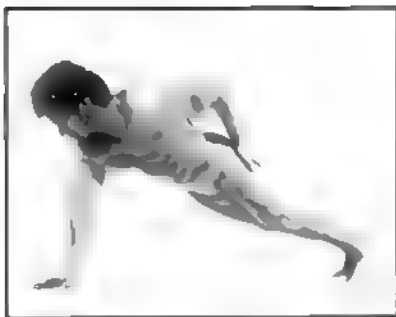
The exercise is to do it slowly in case you might flatten your nose against your face without touching the floor. Then return to the handstand properly by straightening the arms. Repeat for as many repetitions as you can do without strain. Warning: if you lack the strength to lower yourself completely then simply perform the exercise by lowering your body halfway in every rep. Gradually you will get strong enough to do the full form this exercise the correct way easily.



(illus 1)

EXERCISE TWO

Single-arm Floor Dip
arms and chest



(illus. 2)

begin with the forearm perpendicular with your right arm and leg. You should be able to touch your hand to the floor. By bending your right arm, your chest will rise and your head will tilt back. With care, not strain, try to raise your chest about 12 inches above the floor. Now, while holding the back of the right thigh, lift to 15 repetitions (repeat the exercise 3 or 4 times together).

EXERCISE THREE

Reverse Chair Dips
chest, arms, shoulders, back

Adopt a position as shown in illustration 3. Lower and raise the torso rhythmically by bending the arms fully and returning to the straight arm position. Repeat until comfortably tired. 10 to 25 repetitions.



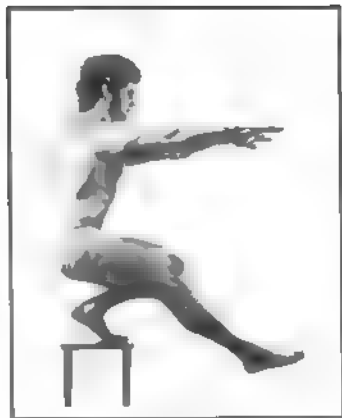
(illus. 3)

EXERCISE FOUR

Single Leg Squat

(thighs)

Stand on a bench or chair with one foot. Squat down slowly on that one leg and return to a starting position. Use arms for balance. Don't forget to work each leg. Anything from 5-20 repetitions. (Illustration 4)



(Illustr. 4)

EXERCISE FIVE

Chair Forearm Pressups

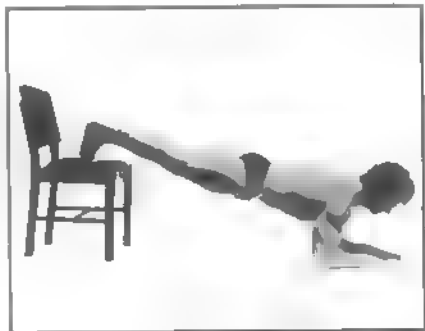
(arms)

Exercise 5 is shown in Illustration 5. Press up until the arms are straight. Lower and repeat.

If you have difficulty in getting started with this exercise, then rock your body forward at the commencement of the movement.

Alternatively you might find it easier to start this exercise with straight arms and consequently you can lower forearms to the floor quickly and 'bounce' back into the straight arm position.

Repeat for up to 20 repetitions.



(Illustr. 5)

EXERCISE SIX

Doorway Pulls

(back)

(a) Hold onto door handles of a sturdy door as illustrated (illus. 6).

(b) Pull hard on the handles with both hands so that the strain is on the large upper back muscles (lats).

(c) Perform up to 15 pulls each set.



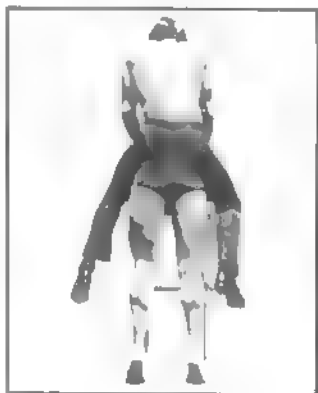
illus. 6

EXERCISE SEVEN

Donkey Calf Raise

(lower legs)

Adopt a position as shown in illustration 7. Your body is bent over parallel to the floor, hands supported on a bench or stool. Have a partner sit on your lower back to add resistance. The exercise is to raise the heels up and down (as high as possible) so that the calf muscles are worked strongly. If you find 20 repetitions easy, then place the toes on a couple of thick books so that the calf obtains a greater stretch when the heels are lowered.

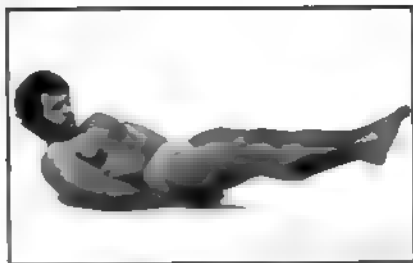


illus. 7

EXERCISE EIGHT

Leg Raise

{waist}

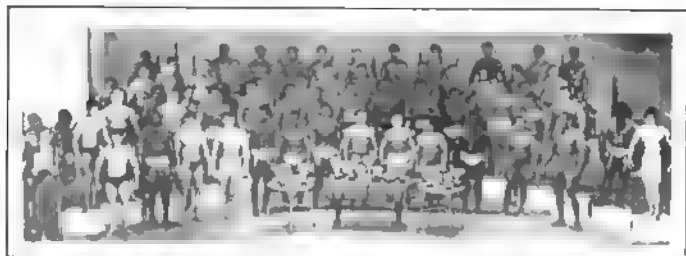


(Illus. 8)

Lie on the floor with hands tucked underneath seat. Raise feet from floor slowly. Lower and repeat. Aim to build up to 30 repetitions.



Another artist: shot at perfectly proportioned Mr. Universe Pan Hsien-ty



Here's the impressive line-up at the annual NABBA Mr. Universe contest held in a hall in England each year

PHYSIQUE CONTESTS

Regardless of your age, you may enter Physique Contests. Needless to say, you need to have some muscle before you enter, so there are plenty of novice contests held regularly for those who wish to show off their huge muscles as yet.

A friend invited me to be a spectator at a couple of *bodybuilding* contests. I was only going to watch, but what is expected of you and you will be better prepared when it comes to your own physique. Physique contests are usually sponsored by your local Y.M.C.A. Contact them for information. A very busy time magazine, *MUSCULAR DEVELOPMENT*, lists a directory of contests each month. Study these and you will know to date where and when bodybuilding shows are held in your area.

If you only enter novice contests, then you will find a lot of interest in your own physique. You will want to know how you are doing. Naturally with a contest coming, you are going to train extra hard so that you are in peak condition for that big day.

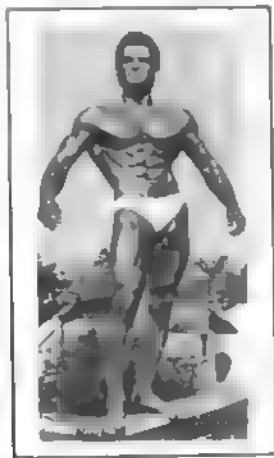
Usually there is no muscle wastage in the way you train as the contest day draws near. The only variation is in the diet. Generally speaking, you will be increasing your intake of protein, fat and meat, vegetable, bread, milk, eggs, starchy potatoes, etc.

However, unless you have fairly well-developed muscles, virtually existing through skin, you should change your eating habits as the contest day approaches. Eat light bread, fruit and drink sugar-free. Reduce your carbohydrates to a minimum. During the last month or so, usually you should eat only bananas, bananas, pears, breads, cakes, cookies, etc. Even milk should be avoided, and eventually stopping entirely during the last two weeks or so. Eat more fat-free meats, fish, eggs, cottage cheese, sunflower seeds, poultry and light salads.

During the last 2-4 weeks some bodybuilders train 5 days a week, but during the contest they train even more. Many of them in these final training periods feel that they are working out with a very low intensity and are exhausted. This is not a healthy condition, and few bodybuilders can determine this. Contest Preparation is very long.

It is still a fact that the vast majority of bodybuilders today train only three times a week with at least a full day's rest between sessions.

When you enter a Physique Contest you are automatically expected to adopt the best possible Physical Training Program. It is up to you who is the best. That is, you can win the contest and get the trophy, or the guy who gets the judges' nod. Best of luck!



Super physique Vince Gironda has won his share of physique contests. He has a fantastically proportionate body.

He is also considered one of the greatest strength and endurance athletes in the world. He was a very successful gym on Ventura Boulevard in Hollywood, Angeles, California.

FIRM UP YOUR FACE



Right: Looking straight ahead, firming up the muscles around the lips, chin and jaw.

The face mirrors our emotions, conveys our thoughts and makes people like or dislike us. In one way we use it. Since your face is composed of muscles, skin and nerves, just like the rest of your body, has it ever occurred to you that it could be a little firmer, a little more expressive, a little more attractive?

Your face is the most important part of your anatomy. It is the only part that is constantly on display. By far the largest part of our lives is spent fully exposed. Our friends and strangers judge us by what they see on our face.

The face reveals our emotions and conveys our thoughts. When you go for a job or have an important business interview, your face is under close observation and your abilities and character are largely judged by what your face reflects. And the chances are, without you realizing it, you're not doing a very good job of self-expression. So let's give the face a little lift.



LEFT Start puckering the lips as though to

touch your nose, then relax and pull the corners of the mouth together as though trying to touch an object a few

inches in front of you. This movement firms up the muscles around the mouth and chin.

RIGHT Now relax the mouth and pull the corners of the mouth together as though trying to touch an object a few

inches in front of you. This movement firms up the muscles around the mouth and chin.

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inches in front of you. This movement firms up the muscles around the mouth and chin.



With the first movement we form a firm, well-defined shape by pulling the corners of the mouth together in the opposite direction, outward away from the center of the face. This movement firms up the muscles around the mouth and chin. The second movement is in the opposite direction. Here the corners of the mouth are pulled together, inward, toward the center of the face, and

The expression of the eyes comes from the soul revealing the quality of our spiritual development which is far too deep a subject to go into here. But the mouth is purely emotional and can be improved in shape and its expressions brought under control through exercise. The mouth is a large circular muscle with a hole in the middle like a doughnut. It is very flexible stretching to an opening the size of an orange and contracting to the size of a pea. When this muscle is well exercised the lips become full and very expressive in conversation. When not cared for the mouth muscle will show every bit of strain and nervous tension the body is subjected to. The lips will be light and colorless and there may be fine lines running from the nose to the corners of the mouth.

The muscles around the eyes also respond in exercise as do the forehead, cheeks and chin. The muscles around the eyes are closely connected with the nervous system and since the skin is very thin this gives nervous reaction brought on by strain, worry, loss of sleep, etc. You may see enlarged nerves eating up fatty tissues and when we dissipate we lose loss of fat under the thin skin around the eyes that makes those terrible hollows, dark circles and bags. Facial exercise may help control this loss of fatty tissue by building up the appearance of your eyes, and of old you will find the difference so amazingly evident. You find that the skin in youth and the lack of it in the aged. You cannot retain it's youthfulness by exercise and augmented circulation and help keep your eyes young looking.

The chin is also a muscle and can be made larger and handsomer by exercise. Of course the jaw and chin are great assets to the size of your chin and if the nose is small and lacks in your jaw then the development is just going back. But I have seen remarkable improvement in the face of a girl in a few days by using the chin muscle to make size and prominence.

The first two photos illustrate an exercise that is wonderful for developing the mouth muscles and the second some exercises the entire face if you do it properly. It will help lift the brows and build up the jaw keep the firm fullness of youth in the cheeks. The second two photos illustrate some of the work that also benefits the mouth and neck.

So don't just aim to build the muscles of your body. Give your face a chance.



YOU CAN TEAR A TELEPHONE BOOK APART WITH YOUR BARE HANDS!

Put those muscles of yours to work. Teach them how to tear a telephone book apart with your bare hands. It's easy if you know how, and you don't have to be a superman to do it, either.



There are few sports that are more impressive than ripping a large telephone book apart with your bare hands. This feat takes a combination of strength and know-how. Especially important is strong gripping power in the fingers and joints. However, if you don't know how to go about doing this feat, your strength in the world won't do you much good.

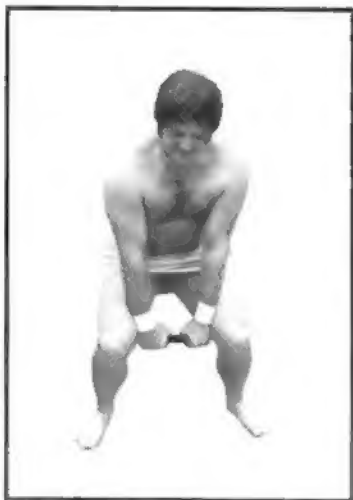
Bodybuilders already have strong gripping power because of all the grip-building exercises they do. The **MERCURYES** routine will give you the basic strength needed, but squeezing off tennis balls with your fingertips is also a terrific exercise. Just grab one in each hand and squeeze away for all you are worth.

2. Adopt a position as illustrated (Stage 1), keeping the feet in a good solid position. Use the knee as shown in the photograph. In this way you will be able to bend the spike around the knee and get a "start" on the breaking process.

The second stage involves a change of position. You have bent the spike as much as possible during Stage 1 and now you need to increase the bend by adopting the second position,

Still holding tightly onto the bar or spike, you now change leg positions, whereby your knees are about 15 inches apart. Hold the spike as illustrated, and complete the second part of the first bend by aiding the hands and wrists with the inner part of the thighs.

Stage 2



3. Now is the time to "unbend" the bent bar. This is a most crucial part (Stage 3); in fact this is the most important stage if you are serious about breaking the spike.

Follow the exact hand placing as illustrated. The hand on the right is the hand that bends the nail. Note its position. Be sure to use the soft part of your hand just under the thumb so that you enjoy the utmost leverage which is vital in aiding spike-breaking. Continue through stage 1, 2 and 3 until the spike breaks.

Stage 3



It is always a good idea to start with thinner gauge spikes at first (6" ovals are good). Gradually you will develop further skill, strength and stamina (you need all three!) to go to work on heavier metal.

Don't use sharp spikes. They can hurt; use plenty of canvas to protect your hands.

THE END OF HERCULES II — THE BEGINNING OF YOU!

This is your last weekly lesson. If you have been faithful in your Hercules II workouts, then you HAVE GAINED FANTASTICALLY IN MUSCULAR SIZE, TONE, FITNESS AND STRENGTH. If you have followed our instructions to the letter, then you will have made great progress. In fact it would be virtually impossible for you to not have made gains in muscular development.

We hope now that you have got into the habit of exercising regularly, you will continue with your body-building workouts. You may want to get even bigger, or you may just want to train to keep super fit. Whatever your reasons, regular exercise is one of the most beneficial things in the entire world. If you don't want added size, then why not train a little less strenuously just to keep the muscles you now have in tip-top shape for the rest of your life. Believe us — THERE IS NO MORE REWARDING FEELING THAN KNOWING YOU ARE IN TOP PHYSICAL CONDITION. You feel S-T-R-O-N-G, ready for action. Your waist is flat and rock-hard. Your panther legs are ready to take you anywhere you will them, in triple-quick time. Your chest swells to monumental depth, your back is crowded with "Tiger" muscles of incredible definition. Anytime you bend your arms your biceps "jump" into a titanic mountain of pure rock-hard muscle. Flex them and they form a "peak" that would put a full-sized melon in the shade.

Yes sir! Muscles are worth millions! Of all the top stars in physical culture — men who have worked for their health, fitness and physique — we have NEVER MET ONE SOLITARY INDIVIDUAL WHO WOULD TRADE HIS PERFECT PHYSICAL CONDITION FOR EVEN ONE MILLION DOLLARS!

So remember, a little exercise and attention to your diet will go a long way. That's the beauty of body-building. Once you have built a championship body, it takes hardly any effort to maintain this condition.

On the other hand, if you want to make even more progress you should continue working HARD at your exercise program. As long as you continue giving it all you've got, your muscles will continue to improve. Stop and think about that! Just imagine what you will look like! You could continue until your body is developed to its fullest degree. Your body has a lot of potential. But remember, muscles are unpredictable. Some weeks they will just not seem to be growing, whereas other times they will seem to be growing almost every day. Day after day. Your gains will not come with "clockwork" regularity. Muscles tend to suddenly grow an inch or two, and then level off. Then if you keep training, they will suddenly spurt forward again, showing a further increase. Between spasms of growth you might reach a stale period at which time the muscles do not continue steady growth. At such "sticking points" you should eat more protein foods, perhaps even increase your milk intake substantially. Protein supplements have broken sticking points for some of the Nation's most famous physique stars. They simply added a good protein powder to a glass of milk or cream and consumed it after a workout. You should always bear in mind that MUSCLE IS ALMOST COMPLETELY BUILT FROM PURE PROTEIN!

Consequently only pure organic protein can build muscle. A PROTEIN SUPPLEMENT IS YOUR BEST ASSURANCE THAT YOU WILL NOT BE WASTING YOUR TRAINING EFFORTS!

We would like to say a word about personal conduct at this point. Once you have built big muscles you should not "show off" to your friends. Don't constantly pose your arms and flex your muscles to impress your buddies. This is one of the quickest ways to lose friends. If you have a good physique then your friends will notice without your having to "flex up" every few minutes to push your "lumps" under their noses to draw attention to yourself.

Conduct yourself quietly. Adopt an air of calm self-assured confidence. Don't be a loudmouth! People will hate you for it no matter how impressive your physique. Don't pose when at the beach. Simply stand with good posture, with your arms close to your sides. Don't "lat spread" (stand with arms outstretched at the sides away from the body). You will look ridiculous if you stand like this. Besides, dogs are liable to bark at you if you adopt this ridiculous posed position.

President Roosevelt wrote: "Walk softly, but carry a big stick". Your muscles are your "big stick" - make sure you walk "softly" with it.

We will keep your name on file at the Hercules II offices. You are one of the few people in this land who is genuinely interested in physical culture and body development. That makes you a special kind of person. Needless to say, your file is kept in a locked fireproof cabinet and your completed order form is kept strictly confidential.

Should we get news of any further developments in the form of muscle building breakthroughs, improved protein products, secret exercises, etc., we will let you know. Meanwhile, we take this opportunity of wishing you the very best luck in life. Keep training. Be healthy and above all, give life all you've got. We only go around but once!

P.S. —

We hope that you will induce your friends to enroll with us, so that we can help them too. Just send their names and addresses.

Although this lesson completes our course, we want you to feel free to write to us at any time if you ever have any questions.

With our very best wishes and sincere and warm handshake, we wish you health, strength, long life and happiness!